

THE *Healing Book*



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The Healing Book

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Introduction

Over the past few years we have seen an unprecedented change in the way in which we view ourselves and our world. This change of attitude has taken many forms and many directions but none has been so dramatic as the way in which we view our health and the way in which our bodies work. Most people are beginning to reject "orthodox" medicine with its extremely intrusive surgical procedures and reliance on gross chemical treatments that do more to poison our systems than to work with them. Instead people are looking for a more holistic approach where the "whole" person is treated by a practitioner, or a series of practitioners who see their patients as a whole individual instead of a disconnected collection of body parts.

Recent opinion poll surveys suggest that at least 30% of the population do or would seek out an "alternative" practitioner in preference to their doctor. Of those polled, by far the largest percentage would choose to consult a "Spiritual Healer".

Spiritual Healing, or Healing as it is more usually called these days, is the true origin of all healing, be it alternative or orthodox, as it deals with Mind, Body and Spirit. The origins of healing go back as far as our consciously being aware of ourselves as cognitive human beings. Healing deals with people at their most fundamental level, that of being composed of a "soul" that constructs around itself a dense energy shell that we call a body. In other words, we do not have a soul, we are a soul that has a body.

What this book is about is helping those with an interest in their bodies to understand them further and for those who have an interest in healing to gently bring out their latent healing abilities in order to heal themselves and to begin to heal others. This book also looks at more advanced healing techniques that can help those who already work, in whatever capacity, as healers to progress their own development.

We have run a number of successful healer teaching groups, at several locations around the country and the techniques and teachings contained within this book are those which we have developed during these classes. The case studies, used to illustrate particular points, are all genuine clients who have consulted us at our healing practice. We have developed the "advanced" techniques over the past few years to deal with specific forms of ailments that require a slightly different approach to achieve a "full" healing.

What is most important of all is to remember that learning healing is like learning anything else. In learning to ride a bicycle or to play a musical instrument a process is undergone which begins with the pupil having the intention of learning whatever skill it is they have chosen. The same is true for learning to heal, it is your intent that determines how successful you are much more than any other factor.

Healing, like so many things within life, tends to be taken far too seriously mainly because it is not seen as a normal part of our everyday existence. We believe in including fun in most aspects of our life and although healing is an extremely serious subject, it can also be approached with humour. The text of this book reflects this humour, but it should not be seen as detracting from the very serious message and intent of the book.

Although we are full members of a recognised healing organisation, the teachings and techniques discussed in this

book are our own and do not reflect the teachings of any particular organisation or group.

As a note about meditations that work with the chakras. There is a tradition that holds that you follow a meditation to open the chakras and then, once they are open, you shut them down in order not to leave yourself "open". This practice came about in the mid 1800s when spirituality and psychic capability was only beginning to be explored. It was felt that opening the chakras literally left you open to all sorts of unwanted awarenesses and influences and, unfortunately, this un-enlightened lack of understanding has somehow been perpetuated right up to the present in some circles. Those days have gone and our awareness, understanding and energies have moved on considerably. In reality, opening and energising the chakras has the opposite affect. If the chakras are open, fully energised and balanced then it is the equivalent of building around ourselves a "wall" of energy which fully protects us from outside influences. This view is based upon over 25 years of study and experience together with the ability to "see" the energies that surround people and the affect that these types of meditations have upon these energies. If your energies are fully energised and balanced then you are considerably less "open" and more protected than if you have closed the chakras down.

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How to Use This Book

The book is divided into two halves.

The first half deals with the basics that underlie all healing and is intended to form a frame work around which the rudiments and practices of "hands on" healing can be learned. The book is not intended to be the answer to everything as far as healing is concerned, but, for those who wish to learn to heal, then this book is intended to be a good starting point. After all there is no substitute for practice and this book should be seen in this light. It should be used as a means to help you begin to practice healing for yourselves.

The second half deals with more advanced practices, some of which begin to enter into the realms of non intrusive "psychic surgery". We have been practicing this type of healing for some time and the second half of the book is intended to pass on some of the techniques and practices that we have developed with great success over several years. These techniques are not intended to be used by those who have never practiced healing. This does not mean that they are dangerous, it just means that you need to have experience of working with healing energies before you are likely to be able to put them into use.

Chapter One

The Birth Process

It might seem a little strange to begin a book about healing by talking about the conception and birth processes. However, in order to understand how healing works it is necessary to understand how the body is constructed and where better to start than at the beginning.

The Energy System

The consciousness, or soul, contains all of that which we are. All of our memories are stored within our DNA and all of the information that we need to live our current life time is programmed into our bodies by our DNA at the time of conception. This means that we are not only present at our birth, but we are also present at our conception. This does not mean that we can be considered conscious at the time of conception, but sufficient information is provided to the recently fertilised egg to enable it to grow into the body form that we require for the life we are about to live. The choice of whether that life continues has always been, and can only be, a matter for the three consciousnesses concerned i.e. the mother, the father and the child. It is only these three individuals who have the right to decide if the new life is to continue or not.

As the foetus continues to develop, a number of further stages are undergone which require a greater level of that

individual's consciousness to be incorporated.

The first stage is to implant into the fertilised egg the information required to form the physical body. This includes information such as sex, height, colour of hair, colour of eyes, location of body organs and most importantly, any deformities that are needed in order for the soul to experience physical handicaps, are included at this stage. This is the first, very basic stage, and is concerned purely with our physical attributes and we bring with us only sufficient energy, or consciousness to carry out this stage of our development.

At about twelve weeks of development the foetus is ready for the second stage of energy integration. The physical programming provided by the consciousness, through the DNA, in stage one, has become firmly established and the foetus is beginning to take on human form. Up to this point, the only energy centre incorporated into the body is on the top of the head. This allows for the free flow of energy from the developing child's consciousness into the growing body. Although the body is developing rapidly, the child and mother have this twelve week period to confirm to each other that the birth is to progress. This is why so many fetuses spontaneously terminate during this initial twelve week period, one or both of the individuals involved decide that they are not quite ready for the birth to occur. If the birth is to progress, the second of the body's energy centres is introduced to the body. This second energy centre is at the base of the spine and literally "roots" the developing baby into its physical body. From this point onwards the foetus develops rapidly into a small human.

The third stage occurs during the period of 24 to 30 weeks. The exact timing is determined by the child's consciousness and is based on the condition of the growing foetus.

At this stage, the child's own consciousness begins to enter into the body. As it enters, it brings with it the other five

energy centres that it then locates at appropriate positions along the spine spaced between the "root" and the top of the head. As the consciousness enters the body it brings with it the mind of the child and for the first time the developing child becomes aware of itself as a physical entity. This is when the mother becomes aware of the personality of the child and when the foetus begins to make itself fully known by beginning to move more frequently and start to kick. From now on the child's body continues to develop very rapidly and slowly draws into itself its own consciousness.

The next stage is when sufficient consciousness has entered into the, by now, fully developed foetus for birth to occur. In other words, for the new consciousness to become an independent individual. At this point, the body's energy centres are fully in place, but are not fully energised. As the new child begins to grow it begins to develop its own personality and bring out its own character. This process continues until the child is ready to move from its dependency upon its parents and begin to develop a life for itself.

This is the fifth and final stage of our development. We have successfully come through our childhood and are ready to move on to become a full adult. At puberty, the final section of our consciousness enters into our bodies and heralds the awakening of some of our memories and wisdom that we have brought from our previous lifetimes into this lifetime. This is why puberty is such a difficult time. The entry of this final piece of ourselves into our bodies causes several events to occur. The first is a response by the body. The child's body that we have inhabited up until now has served its purpose in acting as a carrier for the soul, but the individual needs to develop from their childhood state into the individual adult who is to carry out their lifetime's plan.

The second event is that the final piece of the individual's consciousness, or soul, carries out a review of the life lived as

a child and whether the initial stages of the individual's life have been successfully completed. We all come to our new lives with a plan of action that includes all of the events that occur in our childhood. If this section of our plans has been successfully completed then our transition into adulthood is relatively smooth and trouble free. However, if we have not successfully carried out our intended course of action, then the incoming final section of our consciousness rebels (or at least becomes angry). This is when parents and teenagers start to clash and recriminations begin. It does not matter who caused the disruption to the child's plans. It could be the child themselves who did not face situations in a way which promoted growth or it could be the parents who acted in what they considered to be an appropriate way in order to protect the child but in fact the child considered the actions to be over protective.

Whatever the reasons for the child not reaching puberty in the state of readiness anticipated, this is the time when the new adult starts to adjust the way in which they view the world and themselves. By the time that puberty has passed, the body's seven energy centres are firmly in place and fully functional.

Most people know these energy centres by a word that comes from Eastern traditions, namely the "Chakras". The origin of this word goes back approximately 5,000 years when modern healing began. The Sumerians began many of our traditions at this time and all we have done since is modify their principles and beliefs to what is fashionable or politically acceptable. They brought about a tradition of healing which is the origin of most non western medicine. In Sanskrit this tradition is called "Ayurveda" which is a word that means "the science of life". This has given the basis to the Indian traditions and practices of Ayurvedic medicine and was the root of the principles behind the Chinese herbal traditions and acupuncture. The word *Chakra* is actually Hindi, the

original Sanskrit word having been lost over time, and means "spinning wheel". This word is used because the body's energy centres, when they are working correctly, spin and when viewed from in front they look like a spinning wheel.

The body's energy centres, or chakras, are located along the spine. Like all energy, they have a particular frequency and in the case of the chakras, this frequency represents itself as a particular colour. The locations and colours of the chakras are the same for every person on the planet. This is the only example there is that human beings are the same. All other traits and characteristics exhibited by humans are totally unique to each individual.

The first, or root, chakra is located at the base of the coccyx at the very bottom of the spine. It is coloured red.

The second, or sacral, chakra is located just above the root, at about the junction between the spine and the pelvis. It is coloured orange. >

The third, or solar plexus, chakra is located about one inch (25mm) above the tummy button. It is coloured yellow.

The fourth, or heart, chakra is located over the heart and is coloured green.

The fifth, or throat, chakra is located in the throat midway between the adams apple and the chin. It is coloured blue.

The sixth, or third eye, chakra is located in the centre of the forehead just above the bridge of the nose. It is coloured indigo (a mixture of blue and purple).

The seventh, or crown, chakra is at the top of the head in a direct line with the spine. It is coloured either white, violet or

gold depending on the energy level of the individual. (see illustration no. 1)

It is the energy contained within the chakras which form the "Aura" by extending outwards from the body to form bands of colour which enclose the whole body and can extend away from the body by up to ten feet (3m) with some individuals.

The chakras connect directly to the spine and take the shape of a vortex, that is a pointed spiral a little like an ice cream cone, with the narrowest point on the spine itself. (see illustration no. 2). The root and crown chakras have the vortex pointing in only one direction. The root points directly downwards with the narrowest part of the vortex connected to the very bottom of the coccyx. The crown points directly upwards with the narrowest part connected to the top of the skull. Chakras 2,3,4,5 and 6 point in both directions, front and back, equally.

There are some who suggest that the front and back portions of the chakra have totally different functions and that the amount that the chakra extends away from the body will vary between the front and the back because of these differences. It would be fair to say that we have no evidence for this. We have a combined healing experience of over twenty five years and neither of us have experienced any variation in energies between the two sides of a chakra. In fact, we would say that the opposite is true, energy added to one side of a chakra automatically adds energy to the other side of a chakra maintaining a symmetry.

On a very basic level, this is how we are constructed. Illness and disease are caused when the energy contained within the chakra becomes depleted or imbalanced over a period of time. The basis of all healing is to bring the chakras back into balance promoting a feeling of well being. This is how all healing, and all healers, work. There are very many levels of

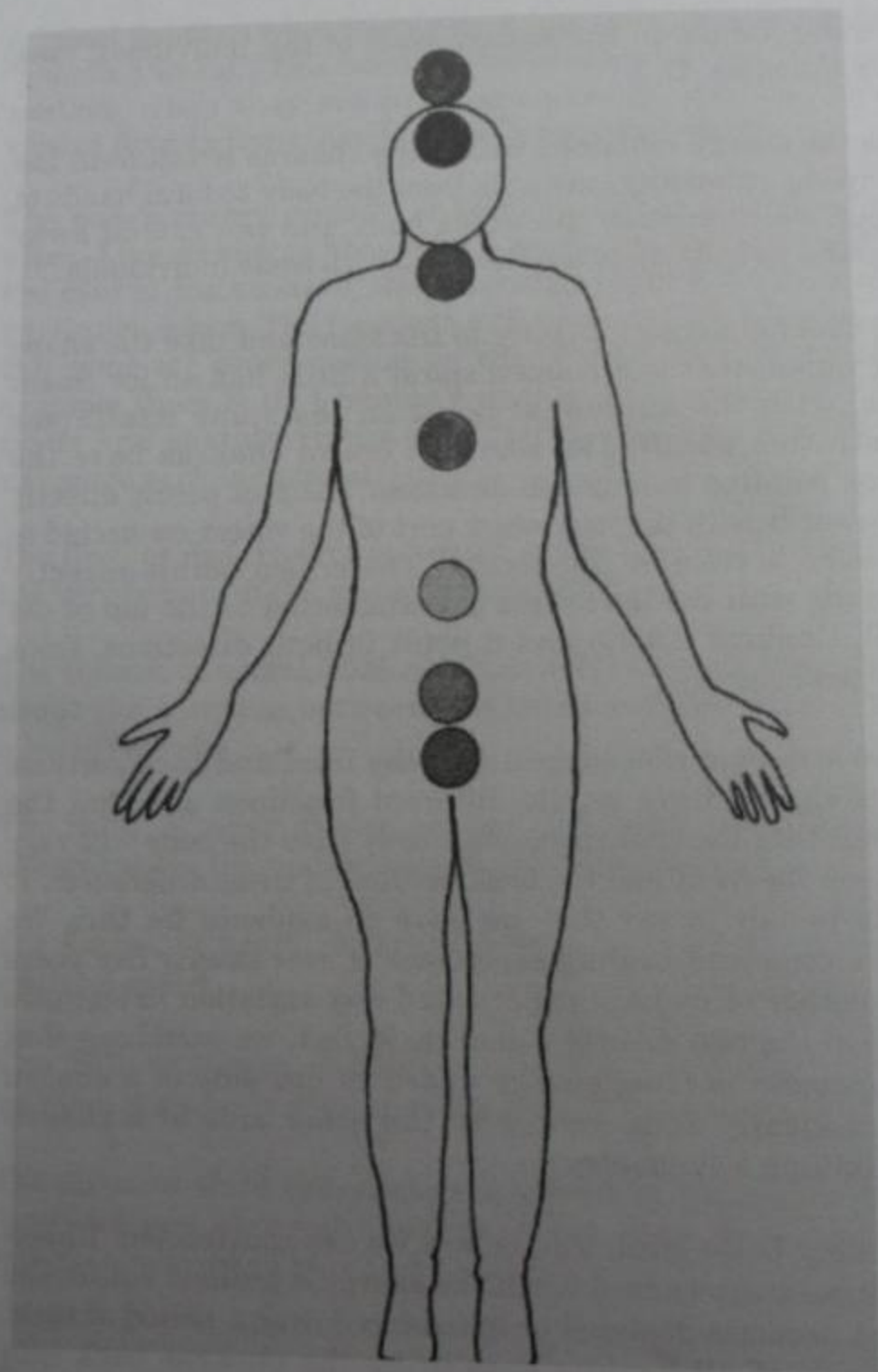


Illustration 1 The Chakra System

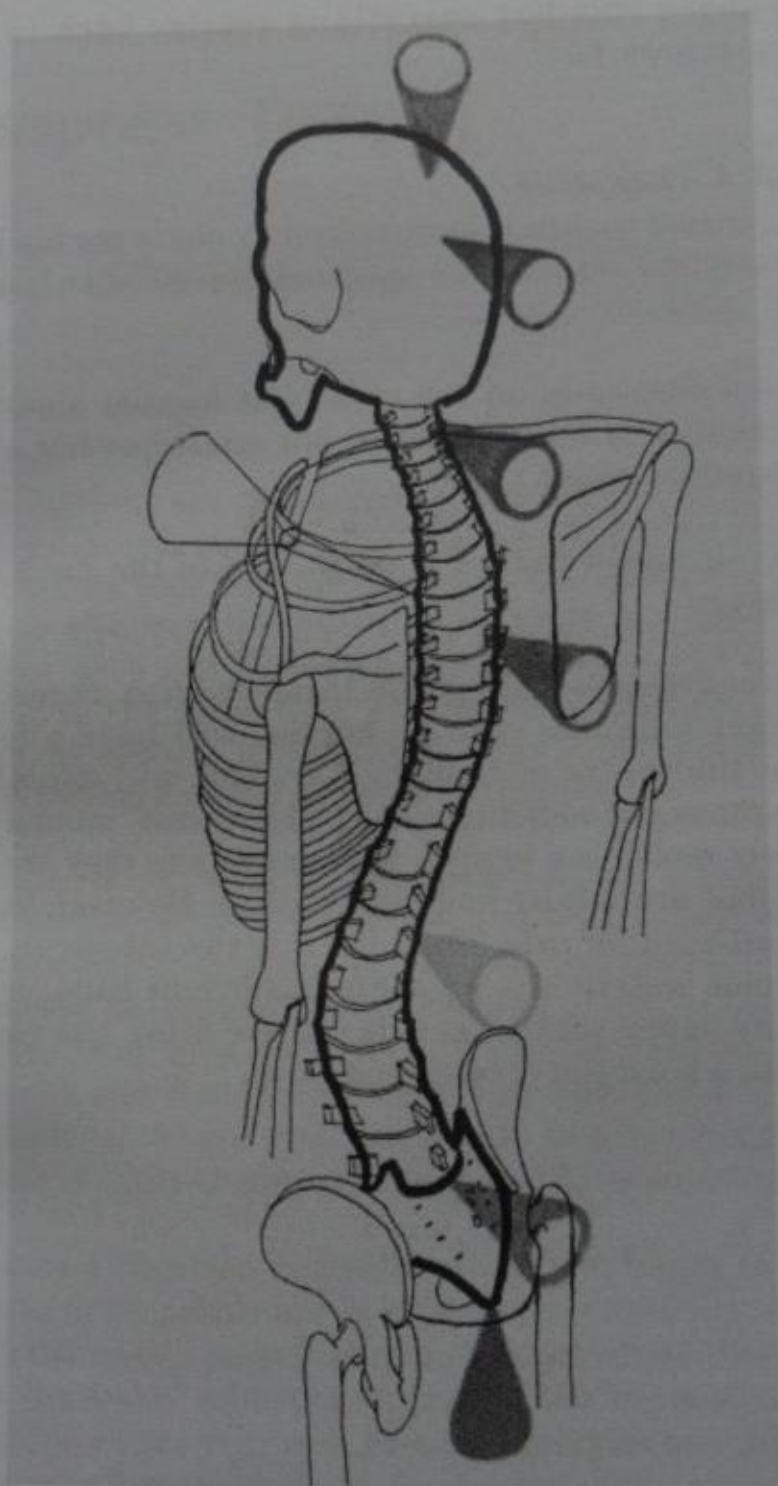


Illustration 2 The Relationship of the Chakras to the Spine

healing above this but everything relates back to this fundamental basic fact.

Animal Chakras

The first, or root chakra is located directly above the hip joint. It is coloured the same as the human root chakra i.e. red but is a much "muddier" colour.

The second chakra is on the spine but located about the shoulder joint. It is coloured yellow but sometimes has a blue "cast" around the edges.

The third, or crown chakra is on the top of the head. It is coloured green.

Animals tend to have only these three chakras. Sometimes much larger animals, such as horses, will have a fourth chakra in the centre of their backs which will usually be coloured orange but sometimes has a green "cast" around it. It is extremely rewarding to work with animals as they are very receptive and are totally non judgemental. However, you do have to watch out for cats. These fall into two categories, they either become ecstatic and pirouette under your hand, or they are not very happy with what it is you are doing and you can end up with a hand full of teeth and claws.

Chapter Two

The Basics of Healing

Before carrying out the exercise contained in this chapter, we suggest that you listen to the first meditation on the tape to fully balance your chakras otherwise the exercise will not be quite so effective. We also suggest that you carry out the exercise with a friend who has also balanced their own chakras in the same way. The friend should preferably be human, as opposed to an animal, as it is important that you receive feedback whilst you are starting out.

The object of this book is to promote healing, whether that is purely for the self or to help those who wish to help heal other human beings or animals. The chakra meditation on the tape is designed to carry out two functions: firstly, to balance and energise your own chakras to promote self healing and awareness and secondly, to bring your own personal energies up to a level where your system is totally energised and balanced in order to prepare you for working on others.

The second function is useful when you begin to work on others as some people are in a fairly poor condition which can lead to the healer empathising to a point where they can take on the "patient's" ailments during the healing session and the meditation raises your own personal energies to a point where you become largely immune to any one else's maladies. This meditation is not always necessary. As you begin to work with others, your own energy systems become energised which

results in your reaching energy levels which will make you largely immune.

Before we move on to the first exercise, it would be advisable to remember an old North American Indian saying : "There is no right or wrong answer; there is only your answer". This is very true in life but especially true of healing. We are all complete individuals. We experience life in individual ways and all experiences belong to us alone. Nobody can state that you, as an individual, will experience healing in a particular way. There are no hard and fast rules that say that there is only one way to experience what it is you are about to experience. So, keep an open mind and do not put any preconceptions onto your experience. Remember, it is YOUR experience and nobody else's. Also remember that, although this is a serious exercise that is the beginning of the healing process, it should also be FUN.

Listen to the tape with a friend who also wishes to learn about the healing process. You will need a space that is quiet and where you can relax fully. You will also need two upright chairs. Decide between you which one is to be the "healer" and who is to be the "guinea pig".

Exercise One

Listen to the first meditation on the tape. It does not matter if you are not very good at visualisation meditations. Follow the tape and carry out the exercises described as fully as you can and your chakras will respond accordingly. It might not feel like it to start with, but your whole energy system will change and become balanced.

The most important thing of all is that it is your intent to work with sensing the energies and everything else will naturally fall into place.

Once you have finished the meditation, position the two chairs to face each other, seat to seat. The "guinea pig" needs to sit sideways on to the "healer" and the "healer" sits on the other chair normally.

Next, the "healer" places their hands, one each side of the "guinea pig", about 1"-2" (25-50mm) away from the body, palms facing towards the "guinea pig", at the level of the heart. Both hands need to be at the same level, front and back of the "guinea pig's" body.

The purpose of the exercise is to "feel" the energy of the heart chakra. The heart chakra contains more energy than any of the other chakras and, therefore, it is usually the easiest to sense.

Do not worry if you cannot feel anything immediately. This does not mean that the "guinea pig" is dead. Neither does it mean that the "healer" is doing anything wrong. It sometimes takes a little while for your sensory systems to catch up with your brain's instructions. Keep working with it until you, the "healer", begin to feel something. Try moving your hands slowly from side to side or up and down across the heart area if you do not feel anything immediately.

Now is the time to remember the American Indian saying. Some people "feel" the energy as a heat, some as cold, some as a tingling and some as a vague feeling of "something". **IT DOES NOT MATTER.** Remember, this is your body and how you experience the energy is how YOU experience the energy. There is no right or wrong answer in this exercise, only your answer.

Once you are comfortable that you are feeling something work out which hand it is that you are feeling things through. Again, it does not matter which hand it is. Some people's right hand is more sensitive whilst for others, it is their left hand.

Once you are comfortable with the fact that you can sense something and can determine which hand it is you sense with, change positions with the "guinea pig" and begin the exercise again with the "guinea pig" as the "healer" (assuming this is what they want to do!). Remember, this exercise is intended to make you familiar with the fact that the chakras exist and that you are capable of feeling them. Do not attempt to put energy into the "guinea pig" at this stage as it might be a little confusing. Putting energy in is a further stage and is covered by exercise three.

Hopefully, you have discovered three things:

1. These energies exist.
2. You are capable of feeling them.
3. Which hand it is you are more sensitive with.

Do not be disheartened if you did not achieve one, or in fact all three, of these objectives. Maybe it was the wrong day. Maybe you were distracted by something. Maybe your "guinea pig" was dead after all! It really does not matter. If it did not work for you this time, go through the exercise again at another time.

To many, the realisation that the chakra energy exists at all comes as a great revelation and for you to be able to feel them is pretty unbelievable! So there is more to you than even you thought possible. But, never the less, it is true. There is no hiding from it now. You have a hand that can sense other people's energies. Shock - horror - the world will never be the same! So perhaps it is time to let you into one of the best kept secrets of the universe.

There is much spoken, and written, about the great "mysteries" of sensing energies, how you must meditate for 32 hours a day on top of a mountain peak somewhere (not that the location is ever specified), with an extremely straight spine, every day for 42 years (at least!) and that it is a God given skill which is nearly impossible to achieve unless you can stand on one leg in a thunderstorm whilst reading the collected works of all known and unknown mystics. Rubbish! Every single one of us has the capability to sense energies and use that capability to work with and to heal others. There, the secret is out.

There really is no magic to this. Sensing energies in this way is the most normal thing in the world, we have just forgotten that we can do it. All that was needed was for someone to come along and give you permission to remember that you can do it. But do not get too big headed about it, we have quite a long way to go before you can really call yourself a healer.

The next stage is to begin to sense the energies of all the chakras.

Exercise Two

Follow all the stages in exercise one up to and including the positioning of the two chairs and the "healer" and the "guinea pig". Remember, it is the intent that you bring to this exercise that makes the biggest difference. This time, instead of beginning with the heart chakra, begin with the root chakra. Position the chairs in such a way that the "healer" is able to place their "active", or sensing hand, directly below the base of the "guinea pig's" spine (when they are seated). You only need to use your "active" hand with the root chakra, your other hand is not of much use for this exercise. It does not matter if the chair is between the "guinea pig's" bottom and the "healer's" hand. The chakra energy is of a different frequency to that of the chair and, therefore, will not be

affected by the chair itself. As with exercise one, sense the chakra itself. Then sense if the energy feels "right". If this does not make sense, do not worry. Once you have satisfied yourself that the chakra does exist and that you are able to sense it, move up to the second chakra. This is located around about the top of the pelvis. You will need both hands for this one, as you will for all of the others until you get to the crown chakra.

Again, sense the energies of this chakra. How does it feel? Does it feel different to the root chakra? Try to notice if there is a difference between the two, their energies are very different and therefore, there should be a slight difference in the way in which your senses respond. Do not worry if you cannot feel any difference. All it means is that your system needs to be "tuned" a little finer, and all it takes to achieve that is more practice. Do not give up. Just try again at another time.

Keep on moving up through the chakras, as far as the third eye. With each chakra ask yourself the same questions - how does it feel? Does it feel "right"? How does it feel in comparison to the previous chakra? Go back to other chakras and see if there is a more noticeable difference between those and the one you are currently sensing. The chakras, when they are working correctly, have a noticeable spin, it does not matter which direction they spin in for the moment, just see if you can sense a circular motion to the chakra's energy.

Work your way all the way through the chakras until you arrive at the crown. The crown is a little different to all of the others. Remember the baby in the womb? This is the first chakra to be formed and it connects us to another part of our consciousness that we more commonly call "The Higher Self". Using your active hand only, place your hand directly over the top of the "guinea pig's" head, a little to the back from centre. How does this energy feel in comparison to the other chakras?

In which direction does the energy flow? Is it out of the body as with the other chakras? Or is it into the body?

This is the end of the second exercise.

If you were successful with this exercise, congratulations. If you were not, again do not worry, just try again at another time. There is no failure in not being able to sense different energies, each of us is different and sense energies in different ways. What you probably need to do is to listen to the first meditation again and then try once more. It is probable that your sensory systems require a little longer to tune themselves in. It is no more than that. Always remember that we are all different, some find these exercises easy and are successful straight away, some need a little time and practice to allow their brains to re-tune themselves into a different way of thinking. This is not a problem.

If you completed the first two exercises successfully then you are ready to move on to the next stage of the process and this is covered by exercise three.

Exercise Three

This exercise is the beginning of healing proper. Up until now you have been re-tuning your minds into a new way of working that begins to wake up areas of the brain that you have probably not realised were present and have been lying dormant. This next exercise takes the process one step further by beginning to put energy into the "guinea pig's" chakra system.

For this exercise it is not necessary for the "healer" to go through the chakra balancing meditation and the person who is to be the "guinea pig" definitely should not do the meditation, for reasons which will become clear. Having undergone the exercises to bring out your natural sensing

abilities, particularly from exercise two, you will be aware that each chakra has a different energy. What we are about to do in this exercise is to begin to put energy into the chakras to re-energise and re-balance them. Again, it is the intent that you bring to the exercise that makes the biggest difference of all.

The seating position needs to be the same as the other exercises ie. the "guinea pig" sitting sideways on to the "healer". Begin with sensing each chakra in turn starting with the root chakra. This time, as you locate each chakra, move you hands inwards, towards the body and then outwards, away from the body. As you move your hands inwards do you feel a sense of "pressure" against your palm? Is it a strong pressure or a weak pressure? How does each chakra compare to the others? Some will feel quite strong whilst others will feel quite weak and there might even be one or two that feel non existent. This is why it is important that the "guinea pig" does not carry out the chakra balancing meditation, if the chakras are in balance there is no work to do as all of the chakras will feel, theoretically, more or less the same.

Once you have finished the sensing exercise, move your hand back to the root chakra. Now we alter our intent. Instead of tuning our minds to sensing the energies, you need to tune your mind to putting energies into the chakra. It really is a simple change of focus.

Within your own mind, say to yourself: I now intend to put energy into the chakras to bring them into balance. Begin again with the root chakra. Remember, your intent is to put energy back into the chakra to bring it into balance. It does not matter how you visualise this happening, you can imagine the corresponding colour coming out of your hand, you can imagine the chakra spinning faster or you can just imagine the energy flow from your hand and into the chakra.

Experiment with the different ways until you find a way that suits you.

When you feel that the root is properly energised, move up to the second chakra using both hands, one each side of the "guinea pig's" body and begin to put energy into this chakra to bring it back into balance. The reason for using both hands is that the energy flows from your "Higher Self", into your crown chakra and down through your body and out through your "active" hand, through the "guinea pig's" body and into your "passive" hand to complete an energy "circuit".

Once the second chakra feels balanced, move up to the third chakra and repeat the process. Continue all the way up to the sixth chakra, the third eye. When you have finished with the third eye, we change the process slightly. The crown chakra is the direct connection to the "guinea pig's" "higher self" and very rarely requires any work to bring it into balance, but in order to complete the chakra balancing exercise, place your "active" hand over the crown chakra and your "passive" hand under the root chakra. The idea is to bring the energy from the crown chakra down through each of the chakras in turn until it connects with the root chakra. To do this, you only need to position your hands at the crown and the root, the energy flow will take care of the rest.

If the flow feels as if it is restricted, quickly go back through each chakra to ensure that they are all in balance and then try again.

The purpose of the final part of the exercise is twofold, firstly, it raises the frequency of each of the chakras to a much higher level by bringing the energy of the crown down through the body and secondly it helps to fix the energy of the newly balanced chakras in place, maintaining that balance for a longer period than if they were just balanced and not then connected in this way.

It is extremely important to remember to energise and balance every chakra every time that you give someone a chakra balance, finishing with the final balance of connecting the crown to the root. The chakras cannot be balanced by working on one or two chakras and not on the others. For example, if you have carried out the chakra sensing exercise and determined that the throat and the heart chakras require to be worked on and the other chakras are more or less alright, when you begin to work on the heart chakra, if (for example) the second chakra is not quite as healthy as you thought, then some of the energy that you are putting into the heart will automatically "leak" out into the second chakra. By starting at the root each time you are balancing each chakra in turn and "stacking" the energy one on top of the other to bring the whole system into balance making your work much more effective.

Having completed this exercise successfully, you have actually learned the basic techniques of healing. As you progress through the rest of the book, what you are doing is adding to this basic skill. What is required more than anything else is practice, practice and yet more practice. We have only begun the basics and you need to familiarise yourself with the chakra system as much as possible and that is only possible by practicing on as many people as possible. Ask your friends and family if you can use them as "guinea pigs". Most people are usually curious about what it is you can now do and are keen to help you out. Once you have successfully given someone a chakra balance, they will usually insist on coming back for more.

Practice!

Chapter Three

The Physical Body

Up until now we have looked at the body purely from the viewpoint of the energy contained within the body's consciousness or "soul" i.e. the chakras. Now it is time to look at how this energy is used within the body to interact with "physical" tissues and organs.

The body has, essentially, two energy systems. The first is the chakra system which relates directly to the individual's consciousness, or "soul" and reflects who that individual is on many levels. The second is the "meridian" system (see illustration no. 3). The meridians come from the same origins as the chakra system, the original Sumerian concepts behind their Ayurveda traditions, the difference is that whilst the chakras deal with "higher" energies the meridians deal with the body's "physical" energies. The meridians are a network of energy conduits that criss-cross the body and connect to the body's organs. The meridians shown in the illustration are the main channels, there are very many more that branch off from these main conduits. Where these meridians cross they form miniature chakras that are more commonly known as the acupuncture points.

It is important to be aware of the meridians as they distribute the energy from the chakras around the body. However, we would like to point out that, unless there is a specific blockage in a meridian, we virtually never work with them. The reason

for this is that if the chakra system is well balanced and fully functional then the meridian system will also be fully functional. Working with the meridians, whilst although very effective at dealing with physical ailments, does not deal with the root causes of a particular problem. This does not mean that treatments like acupuncture are ineffective, the opposite is true, it is just that they deal only with the physical symptoms of a health problem.

The body is an amazing feat of energy engineering that responds with extremely fine sensitivity to the way in which we treat it. When we treat it badly it responds by letting us know that we have moved in the wrong direction, but when we treat it correctly and with understanding it glows and sparkles with a dazzling light that it spreads all around itself. As healers this is our aim, to bring all of the body's energies back into its correct state of balance. However, the imbalances are created by the person being healed and in order for a healing to be effective the healer needs to help the "patient" to understand what it is they have done to themselves to bring about the imbalance in the first place. This is such a fundamental part of healing that if the "patient" is not prepared to work on the root cause of their problem all the healer will be able to do is to relieve the symptoms. To understand this basic fact, we have to look at how the chakras and the "physical" body interact with each other.

There is no such thing as disease and illness.

All of the conditions that we describe in these ways are imbalances in the soul's energy structures. Everything that we do or don't do, within our lives creates a change of condition within our energy structures that either promotes well being or dis-ease. No one is immune from these processes. All of us are subject to changes that can bring about physical ailments that reflect these changes of energy. In chapter two we described the chakras by their location and

their colour, now we need to look at their main function and the organs to which they relate. (see illustration no. 4)

The first, or root, chakra

The primary function of the root chakra is, as its name suggests, to "root" the "soul" into the physical dimensions. It is this chakra that keeps us on the planet and interacting with it. This is the part of our consciousness that relates to how we understand the physical world. Its secondary function governs our response to "fight or flight" situations. It relates directly to the skeleton and particularly to the spinal column, including parts of the central nervous system. It works directly with the kidneys and the urinary system, including some of the functions of the adrenal glands.

The second, or sacral, chakra

The second chakra's primary function relates to the part of our consciousness that deals with creativity. It also deals with relationships, sex and reproduction. Its secondary function is to influence the way in which we deal with most of the situations we encounter in life, be they good or bad. It relates directly to the sex organs, ovaries and womb etc. in women and the testes in men.

The third, or solar plexus, chakra

The third chakra's primary function is the part of our consciousness that deals with personal power. Its secondary function is to deal with our emotions. It relates directly to the liver, gall bladder, spleen, pancreas, stomach and the intestines. Also to elements of the central nervous system.

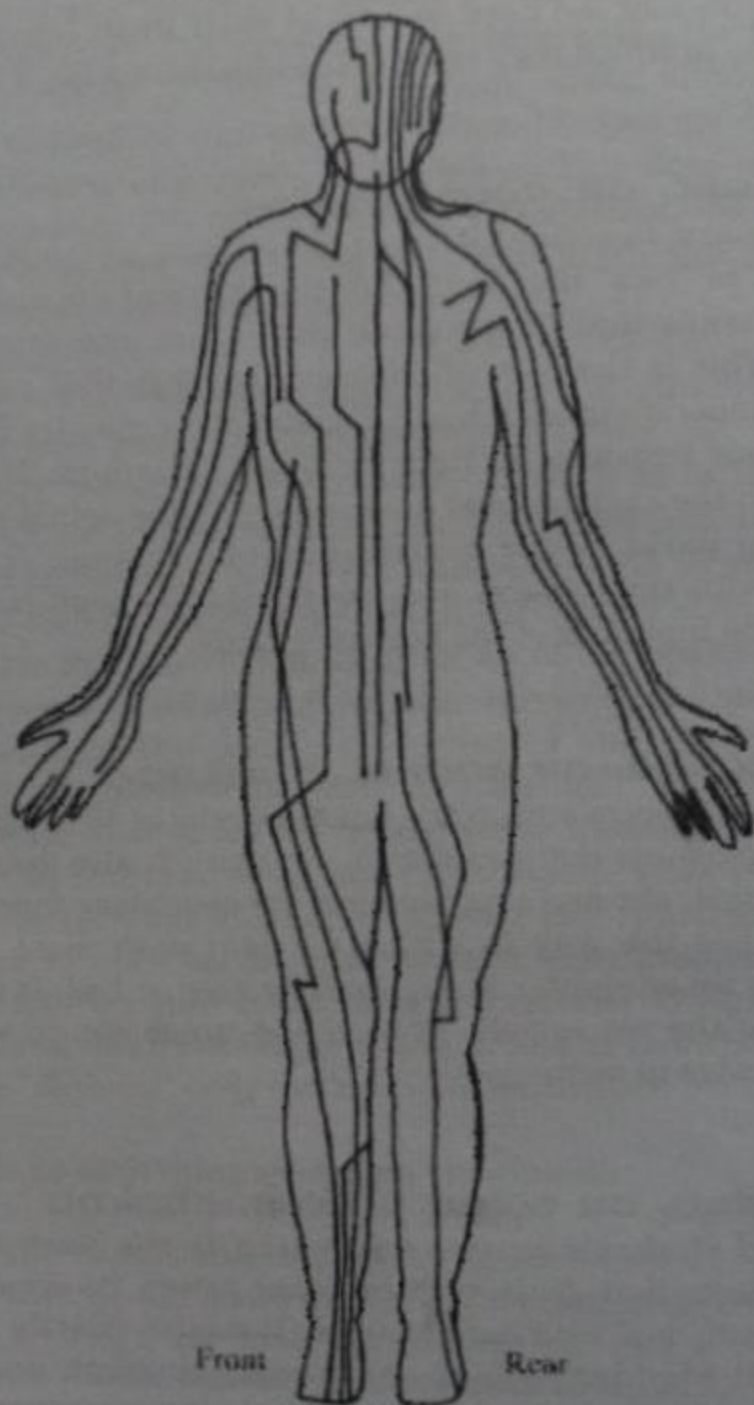


Illustration 3 The Main Meridians

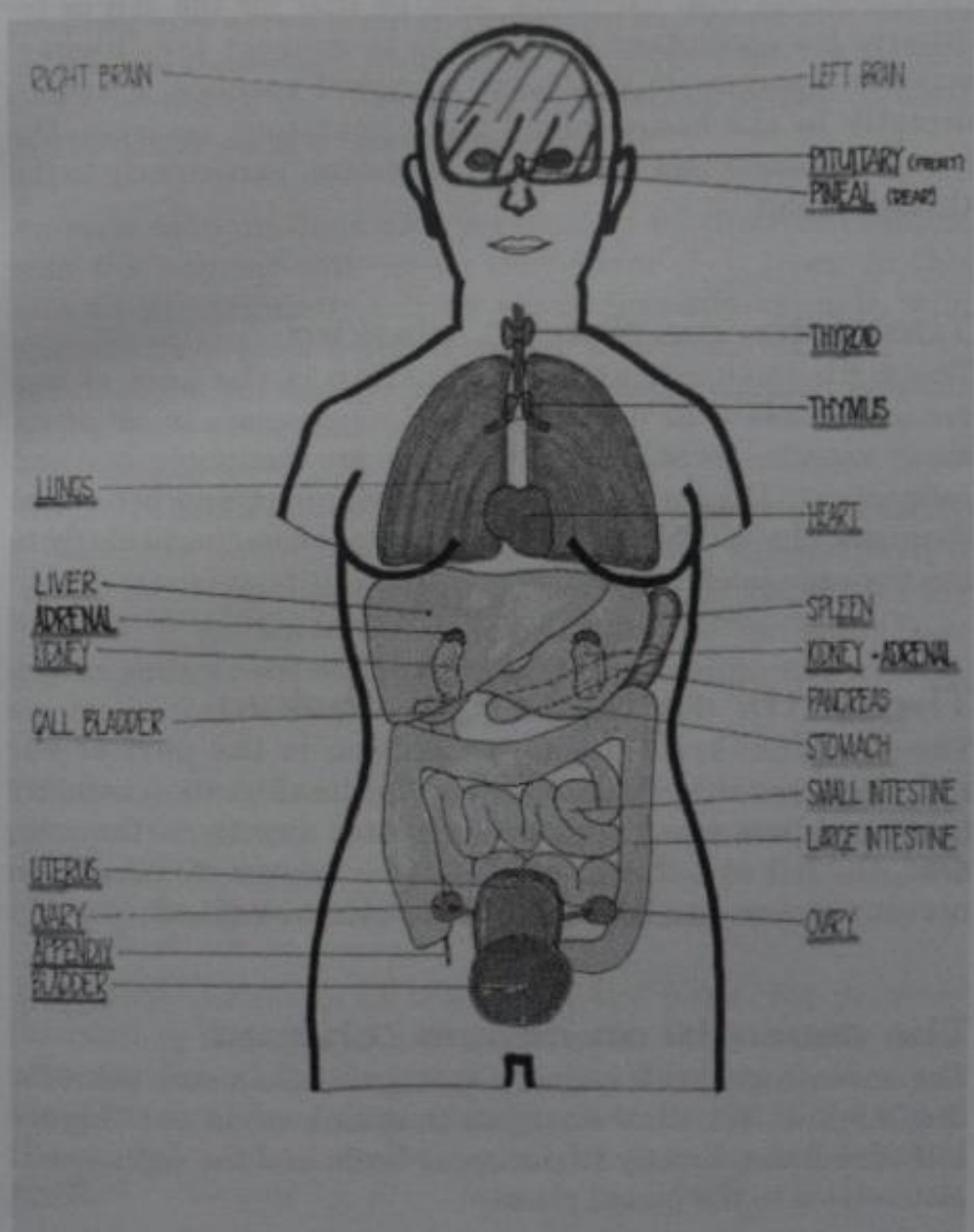


Illustration 4 The Body's Organs and Their Chakras

The fourth, or heart, chakra

The fourth chakra's primary function is the part of our consciousness that expresses love, be that for the self or for others. Its secondary function is to connect the "higher" spiritual energies to the "lower" physical energies. It relates directly to the heart, blood and circulatory systems, the immune system and the endocrine system, particularly to the thymus gland.

The fifth, or throat, chakra

The fifth chakra's primary function is the part of our consciousness that deals with self expression, in all of its many aspects. Its secondary functions are communication and judgement. It relates directly to the lungs and bronchial channels, the vocal chords and the metabolism, particularly to the thyroid gland.

The sixth, or third eye, chakra

The sixth chakra's primary function is the part of our consciousness that deals with our spirituality. Its secondary function is our psychic vision. It relates directly to the ears, nose, the left eye, the lower brain and the rest of the central nervous system. It also relates to the pituitary gland.

The seventh, or crown, chakra

The seventh chakra's primary function is the entry point for the "higher" spiritual energies that link us to our "higher self". It relates directly to the upper brain and the right eye. It also relates to the pineal gland.

We would recommend that you colour in illustrations one, two and four, using the colours described in chapter one for the chakras and the connection between the chakras and the organs.

Animal Chakras

The chakra systems of animals relate quite closely to human chakras and serve similar functions as far as the bodily organs are concerned. Animals do not have what, in human terms, would be the higher self, but instead belong to what can be described as a "mass consciousness".

Animals take on their own personality by their interaction with the humans with whom they share their lives. In this case we are primarily talking about domestic animals, wild animals have quite a different way of arriving at their own personalities. As was discussed in an earlier chapter, animals tend to have three chakras.

The first chakra is located where the hips join onto the spine, a little way above the tail. Like its human counterpart, it "roots" the animal into the physical and this is its primary function. It relates to the skeleton and all of the lower body organs such as the stomach, intestines, reproductive system, etc. etc.

The second chakra is located around the shoulders. Its primary function is the way in which the animal relates to other animals, or humans, that it encounters. It relates to the upper body organs such as the heart and lungs etc.

The third chakra is at the top of the head. Its primary function is the animal's connection to the animal's mass consciousness eg. dog mass consciousness, cat mass consciousness, sheep mass consciousness. It relates directly to the central nervous system, eyesight, hearing and sense of smell.

As was mentioned previously, with some larger, more "aware" animals, such as horses, there is another chakra located between the first and second chakra. When this chakra is present it shares some of the functions of the first chakra eg.

it will deal with the stomach and intestines. This chakra does not exist in smaller, domesticated animals.

So how do these facts relate to healing? The main area where most people have problems is with the third, or solar plexus, chakra. This region specifically deals with personal power and the emotions. Most people hang on to their emotions and never release them properly. How many times do you express your anger towards somebody, especially a person of authority such as your boss or your parents? If this anger is not expressed, that is released out of your system, it stays within you, stored somewhere within the body's tissues. How many times are your ideas accepted by your boss at work? Do you feel frustrated at this lack of acceptance? This constant denial of your abilities strikes home at the chakra's primary function, that of personal power. This leads to severe stress building up within your system creating the stomach ulcer, or gall bladder problems, or diabetes, or any variety of health problems that express themselves in ways which are the most suitable for that individual.

Every, that really is EVERY, health problem relates back to a chakra. The chakra has its primary and secondary functions and the illness is caused by one or either, or both, of these functions not being allowed to express themselves. The illness rarely manifests itself quickly. Problems tend to hang around for a long time before they find their physical expression. Major problems such as cancer tend to relate to unresolved problems that can go back as far as ten, twenty, thirty even forty years into that person's past.

A point to note here is that there are various laws that exist which apply to anyone working within the medical field be they doctors, nurses, homeopaths, healers etc. The only group of people that are allowed to diagnose medical problems are qualified medical doctors. Nobody else. In the case of animals, the laws governing diagnosis are even more strict.

But what you can do is express your opinion. Understanding the real way in which the body works allows you to look at, and work with, the real causes and "your opinion" can be based on this information. There are a number of laws that relate to what a healer can or cannot do and these will be dealt with in a later chapter.

Probably the best way of illustrating the connection between the organs and the chakras is to provide some case studies from some of our recent clients.

Case One

A woman in her mid thirties. She was a hard drug user (although she was easing off using). Her symptoms were: quite a bad stomach problem that had existed for 10-12 years - her stomach tended to be very tender and occasionally swelled up (GP prescribed evening primrose oil which she was taking but without much affect). She had lower back pain when she was under stress which made it difficult for her to relax. Her eyesight was noticeably failing. Her partner had been away on an extended stay of about a year. Her family life had always been disruptive, even when she was a child. Her job did not allow her to use all of her skills and she found it quite frustrating.

From her history it can be seen that her root chakra would be disrupted (not being able to settle because of the family moving home fairly often) which would be the underlying cause for the lower back pain. Her job not allowing her to use her full capabilities would disrupt the solar plexus chakra (personal power) causing problems in the region of the stomach and a part of her central nervous system aggravating the already weakened back. The problem in her stomach turned out to be a dis-functional gall bladder causing an excessive amount of wind which tended to be trapped within her system.

The use of hard drugs is also really a symptom. Most people who resort to switching off in this way usually do so because their lives are disrupted in some way (root chakra) and because of emotional / empowerment problems (solar plexus chakra). The solar plexus chakra also relates to the liver and the weakness caused by the emotional problems would be aggravated by the hard drugs and liver weakness frequently contributes to eye problems.

Case Two

A young man in his early twenties, just about to leave home to start university. He had symptoms of light-headedness and dizzy spells. He was urinating far more often than usual. His home life had always been very comfortable and very stable. He had never been away from home for more than a couple of weeks before.

The root chakra's primary function is to "root" us into the physical realm, this can be very literal or it can be figurative. In this case the young man was leaving his home for the first time and he was therefore literally losing his "roots" reducing the amount of energy that was present in his root chakra. This chakra connects us into the physical and losing energy in this way meant that his hold on the physical was reduced making him feel light-headed. The root chakra also relates directly to the kidneys and bladder. By the root chakra being disfunctional, it caused his urinary problem.

Case Three

A 47 year old man, divorced and living on his own for several years, but recently re-married. Symptoms: a large growth in the throat that was not hard to the touch, but large enough to put pressure onto his wind pipe and give him breathing difficulties (medical tests, including blood tests showed that the thyroid was functioning normally). He was losing weight.

His bowels were irritated (it had been suggested that he might have bowel cancer). His liver was not functioning properly. He had a recurring lower back problem. He was happy at work and tended to put most of his efforts into it. His outside activities were making model aircraft and playing golf. He had a reasonable circle of friends but tended to keep himself to himself particularly since his divorce. Very happy with his new wife.

His problems stemmed from the way in which he thought about himself and the way in which he expressed himself, both emotionally and as a person. The emotional problems would disrupt the solar plexus chakra creating the liver problem and the bowel irritation creating the weight loss. Although the divorce was the probable cause of his lower back problem by disrupting his sense of security (the spine being affected by the root chakra), the emotional problems were probably to blame for the situation recurring (disruption to his solar plexus chakra affecting a part of his central nervous system that affected his lower back).

The throat problem proved to be a little more complex. His difficulty in expressing love for himself, or for any one else, would create a disruption to the heart chakra which in this instance caused his thymus to become blocked. The heart chakra also relates to the endocrine system which in this case manifested itself as a problem with the lymph nodes in the neck creating blockages which could not drain away as the thymus was also blocked. He could not find a way to express himself as a person which caused a disruption to his throat chakra, complicating the situation already developing from the heart chakra problems, so although his thyroid was not affected, his breathing was (the throat chakra deals with the lungs and wind pipe), creating a restriction in the throat which was further complicated by the blocked thymus which is located around the windpipe.

As can be seen from these case histories, the chakras and the organs of the body are totally linked. Although we were able to take away the symptoms in all three cases, a full "cure" would depend on the people concerned realising that they had to take responsibility for the causes of their health problems by taking control of the other areas of their lives that caused the problems in the first place. Fortunately, in two of the cases they came to see us several times and we were able to counsel them fully in the root causes of their problems which they were able to deal with and are now fully recovered. It is not always possible to see clients often enough to provide as much counselling as is required, but at least by relieving the symptoms it allows them a little more time to work on the root causes for themselves.

Chapter Four

Absent Healing

The areas of healing we have looked at so far are "hands on" where the "patient" and the healer are able to be in actual physical contact. This situation is not entirely necessary for healing to take place. Healing can just as easily, and almost as effectively, take place from a distance, in other words when the "patient" is "absent" from the healer. This might sound a little on the side of the impossible but, never the less, it does work. To understand how it works we need to look a little more closely at how healing works and a little further into our true make up.

This is the point where most people who deal with this kind of concept move into the realms of mystery, mysticism and/or "higher spirituality" (whatever that might mean) and start shrouding the whole issue with talk of "initiation". Hopefully you will have noticed by now that we do not believe in clouding issues with a load of hocus pocus and half explained mystery. If something exists, then it exists and what is the point of creating mystery around reality. Having said that, some of the people reading this book are probably going to think that we are nuts anyway, but that's OK.

There are several concepts as to who we are and how we, humanity, arrived at our current level of evolution. There is the scientific viewpoint which states that we are a randomised collection of electrical impulses and chemical reactions

that somehow combine together to give us our form and awareness, the fact that these random events have had to occur 50,000,000,000 times (the current human population on the planet) and still arrive at very similar body forms and levels of understanding does not seem to bother them. Then there is the religious concept that everything that humans are has been constructed by a "Creator" who then controls and directs everything that occurs in our lives on an individual basis. We have no real problem with this concept other than to say that we find it is a bit limiting. Without entering into a full theological discussion at this point, our views would fall somewhere between the two camps.

We see the reality of human existence as being a combination of each individual being created, at some point since the beginning of the universe, but each individual then having total free choice as to the directions in which their lives progressed. This means that each individual has to take total responsibility for their lives, but particularly for their health problems. This might sound a little harsh to some people. We are used, after all, to being told by the medical profession to hand over our bodies to them and they will take care of everything, thereby removing any form of responsibility from us. Bearing in mind the current mass exodus away from orthodox medicine and towards "alternative" practitioners, most people are waking up to the fact that, somewhere or other, there is a flaw in this attitude.

Humans are composed of two elements, the body and the soul, although we would prefer the term consciousness to soul, that said, it really amounts to the same thing.

Most people are aware, or at least accept the concept, that we are composed of two components, the physical self and the "higher self". The physical self is the part that lives our physical life whilst the "higher self" is out there somewhere but, perhaps, we are not quite sure where. The higher self is

actually far more closely connected to the physical self than most people realise. The problem is that we are so busy living our lives that we do not usually have time to consider much beyond our everyday concerns. The concepts of who are we? Where do we come from? Why are we here? have usually only been discussed after the consumption of several beverages at the local. As our consciousness is changing and the greater reality of ourselves is beginning to emerge the number of drinks required to begin the discussion is rapidly diminishing. It is, therefore, time to begin looking at the answers.

Human consciousness is a vast quantity of energy. This energy is far too large to have been contained within our rather small (in comparison) bodies. We, therefore, chose to split our consciousness into two parts, the "self" and the "higher self". The "self" part living out our lives and the "higher self" hanging around watching, and occasionally giving us a kick up the behind to help us move in the right direction. Most of our experience of "inspiration" has been as a result of this kind of nudge. The "higher self" has, obviously, a much more serious role than this and this is the reason why absent healing is so effective.

The higher self, and therefore we, have far more capabilities than most of us have yet begun to realise. The source of energy, for example, that allows us to be healers routes itself through our higher self before it arrives at our hands. It does not matter where you consider the ultimate source of this energy is, God, Jesus, Buddha, The Universe etc, its ultimate route is through the higher self.

There are many other functions that our higher self performs which most of us are largely unaware of. We are connected to, and are an intimate part of, a mass consciousness that connects groups of us together and, ultimately, all of mankind. There is an extremely interesting story that perfectly illustrates the existence of mass consciousnesses. Although it

is a story about monkeys it serves to illustrate the principle extremely well.

Off the Western coast of North America, in the Pacific Ocean is a small chain of nine islands which support a large abundance of wild life. The islands are monitored by the US wildlife agency on a fairly regular basis. During one research project it was noticed that the indigenous monkey population, on all nine islands, was suffering from a starch deficiency, a recent storm had removed most of a particular type of tree whose fruit the monkeys relied on for their supply of starch.

As a temporary source of starch, the wildlife department decided to make daily drops of sweet potatoes onto each of the islands. These were delivered by boat and dragged up the beach in a net. This covered the potatoes in sand, which the monkeys were not too happy about but as they were starved of a vital component of their diet, they eventually ate them anyway. After a few days of making these potato drops, one of the monkeys on one of the islands took their sweet potato down to the water and washed the sand off. The same monkey did the same thing for a number of days but always by itself, no other monkey, on its or on any other island did the same thing.

Eventually, a second monkey joined the first in washing their potato in the sea and gradually, more and more monkeys from this particular group began to follow suit. After a few days all of the monkeys washed their potatoes in the sea. These were all monkeys from the same group on one island, no other monkey from any other island had been observed washing their potatoes at any time despite fairly close monitoring of their activities. Then, something very strange happened, the morning after the whole of the first group washed their potatoes in the sea, every single monkey on every single island washed their potatoes in the sea.

The botanists monitoring the behaviour of the monkeys eventually came to the conclusion that there must be a form of mass consciousness at work. The mass consciousness was not noticeably influenced by one monkey or even half a dozen, but a group of thirty could alter the behaviour of a large number of monkeys over a large area.

This type of effect was christened Morphic Resonance by the scientists, but also, more colloquially as The Hundredth Monkey Effect. Humans also have this type of mass consciousness that works in very much the same way. How many times have you walked into a room full of people and commented on the "atmosphere". This is an example of a localised mass consciousness. A greater example, with more far reaching effects was the extremely tragic death of The Princess of Wales, where great ripples of grief were sent across the whole mass consciousness of the planet.

This is how, and the area where, our higher selves are most effective. Incidents of great happiness, or of concern, are picked up by our higher self and, as emotion has such a strong effect on us, is easily transferred to our more conscious, physical self, sometimes without us knowing the original causes. This ability, to influence events across a distance, is the principle behind healing absently.

As a way of finding out how this process works, try a simple exercise. Find someone who you know, they do not have to be suffering from any illness, but it might help. Agree between the two of you a particular time when you are both able to relax. It would obviously be better if this particular guinea pig was in a totally different location to you, but another room in the same building would be acceptable. Actually, the distance between you makes no difference at all, you could be in the same building, across the street or across the world, it makes no difference, the "healing" will work in any way.

Just relax and focus your attention on the other person, the guinea pig does not have to do anything, and, if they have a particular health problem, concentrate on that problem and if not, then concentrate on giving them a chakra boost. Remember, as with all acts of healing, it is the intent with which you approach the problem that makes all the difference. You need to be clear in your intent and focussed on what it is you are doing. It is no good saying I'll give it a go and see what happens. You must be serious about what you are doing. You must have the intent to heal otherwise none of this will work. This is how absent healing works. No gimmicks, no frills, just serious intent.

The process also works in reverse. If your guinea pig thinks of you when asking for help in a particular situation, then very often they receive the help they need from you without you necessarily knowing that you have helped. The way in which this works is that a connection is made between the guinea pig's higher self and your higher self. If it is a situation where you can provide positive help, a part of your higher self will break away and visit the guinea pig and provide the help requested. As farfetched as this sounds, it really does work.

A perfect example of this was when a friend of ours was in severe pain with a dental problem. She was in the dentist's chair and the anaesthetic injection had not made any difference and she could not shut out the pain herself which was becoming intolerable. She mentally called out to us to help her. In her words: "as soon as I had finished asking I felt your presence, and your voice said "do not worry, the pain will go immediately, and not come back" and with that the pain went and I did not even feel what the dentist was doing and the pain did not return". Fortunately, given what we feel about being in the dentist's chair, we were unaware of the incident until our friend contacted us later on in the day.

Like everything else discussed in this book, it does work. If it does not work for you immediately, try again.

At one of our teaching classes, we were asked what it is someone has to do to become a healer. The answer is to remove the mental blocks that you have that say you can't be. This might sound like a simplistic answer, but, never the less, it is true. It is the mental attitude with which we approach a problem that determines the outcome. Whether that task is quantum physics or dress making, it makes no difference, what you put into a task is what you get out.

With absent healing, it is the intent with which you approach a problem that determines how successful a healing it is.

Chapter Five

Working With Spirit Guides

Most people are familiar with the reality of what are known as "Spirit Guides", whilst for some, the concept is a little too "far out" for them to easily accept and then there are others who find the idea quite frightening and not acceptable under any circumstances.

If you find the idea of spirit guides unacceptable, for whatever reason, and have no desire to work with them at all, then you should skip this chapter and move on to the next. It will not affect your healing capabilities. For those who wish to be acquainted with, and work with their "spirit guides", or what most people currently want to term "Angels", then read on.

First, we have to look at who these "entities" are, how they function and how they relate to us. Guides fall into three basic categories: Spirit Guides, Angels, and Other Entities.

Spirit Guides

To understand who and what spirit guides are, we have to accept that who we are, in terms of consciousness (or soul), continues when our physical lifetime has ended. There is no great mystery to this idea, most religious doctrines teach that our soul continues after physical death and that we transfer

our existence to another realm which usually translates into some concept of "Heaven". This idea is fine, as far as it goes, but we need to add the major human characteristic into the equation, namely, freedom of choice.

Once we have completed a physical lifetime, we are faced with a number of choices. Do I go to "Heaven", do I experiment with my new found freedom of not having a body, do I stay close to Earth and help others through the trials and tribulations of their lives and, no doubt, there are many other options available. The choice which we are interested in is the one about staying close to the planet and helping others with their lives.

So, in effect, a spirit guide is a disembodied human who has made the choice to delay their journey to the "after life" in order to help those who are still living their physical lives. Then, of course, there is the decision as to which form this help should take. If the recently departed person was a musician then the obvious choice would be to help a budding musician to progress. The choices are endless. Then there is the person who is to be helped. What kind of assistance do they require? Most importantly of all, do they want to be helped in this way by this guide. Freedom of choice works both ways. This is the beginning of working with guides, the desire to do so.

There are a large number of non-physical humans who are prepared and willing to work with physical humans in whatever capacity is required. The determining factor is the desire, by us, to work with these individuals and how far we wish to take this co-operation. The decisions relating to this kind of co-operation are usually made by our "higher self" and our "normal self" is, largely, unaware of the decision process. The closest most of us come to recognising this assistance is by wondering where our sudden burst of inspiration came from.

We can, of course, make our links with our guides much stronger and become aware of their presence and their workings and all that is required for this to happen is to make that choice. This does not mean that we all suddenly become clairvoyants or mediums, it just means that our guides will move to become closer to us and become involved with us in ways which we find comfortable. Like everything else involved with life, but especially healing, it is our intent which determines our direction and how far we are able to travel in that direction.

Spirit guides fall into two basic categories. The first is the group with which most people work. These are sometimes relatives who have passed over and wish to help their remaining family members, or they are individuals with whom we feel comfortable but are unknown to us. These guides tend to help us with very specific areas of our lives or they might just come in to help us with one specific problem. It depends on their areas of expertise or knowledge, or in the case of great aunt Elsie, it is because they are someone with whom we are familiar and they wish to express their love for us by helping us out. What this all means is that this type of guide will change to suit our circumstances and problems and the type of assistance we require. Therefore, as we move out of a particular problem, another guide will move in to help us through the next phase of our lives.

With healing, we can begin to work with one particular guide and, if both parties concerned agree, they can stay with us during the first phase of our healing work only, or they can stay to provide assistance during the whole of our healing career. This second choice leads us onto the second category of guide. If we find a guide with whom we are comfortable and they have the necessary areas of expertise, we can choose, that is both of the parties involved choose, for that guide to stay with us and for the guide to actually use our hands to work with us to provide healing on much deeper levels.

This choice involves a great deal of trust both by the human and by the guide for it to work properly. Not everyone is ready, or even prepared to work in this way. If both parties are happy with each other, then the guide will begin to forge a close working relationship with the healer and direct the healing work, or in some instances, where it is appropriate, or desired, the guide can take over the whole of the healing work. What this means is that the healer's personality is temporarily "displaced" and the guide works through the healer's body to perform the healing. The level of displacement will depend upon the requirements of the patient and, more importantly, the readiness of the healer to let go in this way. There is always freedom of choice, as with all elements of life, nothing happens that we do not wish to happen. The guide will not take over in this way unless the healer is perfectly happy for this procedure to occur. This does not mean that the healer becomes "possessed" by the guide in any shape or form, but the two individuals involved form a very close working relationship that begins and ends with the particular healing that they are working on together. Once completed the guide then leaves and the healer returns to their normal state.

The advantage of this type of healer/guide relationship is that the guide has access, by not having the constraints of a physical body, to a greater awareness of the patient's condition and, in the same way, has access to "higher" frequencies of energy than would usually be available to the human healer. The traditional American Indian, Chinaman, etc. type of guide would fall into this category.

Angels

There has been a tendency in recent years to call any guide an "Angel". This tendency has come about through individual egos as much as lack of understanding of the true nature and differences between guides and angels. It sounds a lot more

interesting if you claim to work with an angel, or group of angels, than to claim to work with common or garden guides.

The two "entities" are entirely separate and totally different types of "spirit helper". Whereas the guides are non-incarnate humans, Angels are much more than that. The true definition of an angel is, in fact, much closer to the biblical concept than most people realise. Angels are non physical individuals who inhabit the realms beyond the physical. Angels tend not to have lived a human existence at any time throughout our history and have come close to Earth, at this time, to be of assistance whilst humanity undergoes a major change of understanding.

The reasons and methods of these changes are outside the scope of this book and are only mentioned at this point to help clarify the differences between guides and angels. Even NASA, the North American Space Agency, has an embarrassing collection of angel sightings from their astronauts. Most of these sightings take the form of "non-physical beings" shadowing the orbiting space craft and watching the inhabitants for a while and then moving away from the craft and disappearing. Bearing in mind that these craft orbit at 15,000 miles an hour it means that angels are pretty nimble on their feet.

Angels are here to help us and are prepared to respond to anyone's reasonable request for assistance. It is no good calling on these beings to help you entertain your friends with party tricks, as they will not respond. But, if you have a genuine request that will help you, or others, in a genuine dilemma, then they will come forward and provide assistance above and beyond that provided by your guides. Their work does not diminish the work of your guides but, by the two forms of "helper" working together, a more favourable healing can take place.

It should be remembered that the angels are here to help and they have no desire to interfere beyond providing that help. They are not here to take over the work of the guides nor will they "take over" a healing in the same way as a guide is capable of doing. If you decide to begin to work with your own angel, treat them with love and respect and that is what you will receive in return (together with a great deal of fun and humour).

Other Entities

To talk about "other entities" is a bit like writing a script for a science fiction movie. Humanity has always appeared to us as extremely arrogant in their assumption that the universe came about purely for the use and abuse of mankind. Of all the billions of stars that populate the universe, it would seem reasonable to assume that at least one would have a planet that supported intelligent life. There has been, especially over the past few years, a growing body of evidence that suggests the existence of several highly developed civilisations existing throughout our little bit of the universe.

There has also been an incredible volume of books produced that are described as "channelled" from non-human beings. Not all of this evidence can be wrong. Even the government, in the form of the Ministry of Defence, admits that at least ten percent of the reported sightings of non terrestrial craft are genuine. Therefore, from any viewpoint, it is reasonable to assume, accept even, that we are definitely not alone. Although these non humans have made contact with very many people and this contact has proved very beneficial to the individuals concerned, it is our experience that there are extremely few instances where these non humans have contacted people in order to provide assistance for healing purposes. This does not mean to say that instances of this type of contact do not occur and it is only mentioned here for this reason. Again it is a matter of choice. Only you can

choose who it is you work with. If you choose to work with a "guide" of some description, then these individuals are a further choice.

That's enough chat for this chapter and now it's time to return to the serious business of healing. Working with your guides is very serious and can bring about extremely powerful healings, but it can and should also be fun. Guides, of all descriptions, have a very highly developed sense of humour which shows itself in very many ways, usually when least expected. Having said that, guides are also extremely aware of the seriousness of the healing process and the processes that led the patient to their condition of imbalance. Therefore there is a great love and humour usually expressed by our guides that is complimentary to their assistance in the healing process.

So how do we begin to work with our guides? To start with, we can begin with the second meditation on the tape. The meditation is dual purpose. The tape does not specify which type of "spirit helper" is to be met, therefore it can be used to meet a guide or an angel. Again, it is the intent with which you use the tape that determines the outcome.

We would suggest that the tape should be used to meet one of your guides in the first instance and continued to be used for this purpose until you are familiar and comfortable with this particular individual. Talk to them as often as possible, it is the only way to become familiar with who they are and how they work with you, again there is no substitute for practice. Eventually, you will find that you do not need to use the meditation at all as your connection and understanding grows. Ask them about themselves, who they are, where they came from, what is their connection to you, do they have a name? They are there to help us, do not be afraid to ask them anything. These guides are no more than you without your body. They are a "soul" without its constructed outer body

shell, no more than that and there is no reason why they should not be treated in the same way as you would treat any other friend, this is what they want and usually cannot understand why we regard them with awe. Talk with them, ask them how they work, how they live, how they see the world, how do they enjoy working with you, the same questions as you would ask anyone else. The only thing to watch out for is that you are likely to receive an honest answer so if you do not want the truth, do not ask.

Once you have become familiar with this particular guide, look to see if there are any others working with you. Most people usually have several. See who it is that is to work with you with your healing work. Ask them who they are and why have they chosen to work with you in this way. Begin to develop your relationship with them and begin to understand how they see the body and how they can work with it and its energies, experiment and practice. Once you have gotten over the initial novelty of the situation, then go on to meet your angel. It is reasonable to assume that most people will not wait before trying to meet their angel, but if you can, the wait will be worth it as you are more likely to understand the differences between a guide and an angel. You are far more likely to work with your guides than you are with your angel, so concentrate on them to start with and then experiment with your angel.

When you do meet your angel watch out for their sense of humour. When one of us first met their angel "he" turned up wearing a gold lurex "Superman" costume with a big A for angel on his chest. Use the same meditation as meeting your guide but alter the intent with which you enter the meditation before hand so that the individual who meets you is not your usual guide. It is as simple as that.

During our healing classes we try as much as possible to keep the whole process as simple as possible. There is no need for

anything beyond the simple intent of what it is you are trying to do. Adding ritual and mystery only complicates the process and detracts from the core issues involved. Most people are very surprised by the simplicity and uncomplicated nature of the processes we describe but are then even more surprised by how successful they have been in achieving the goal of beginning to heal and, in this instance, meeting and working with their guides and angels.

What our teaching courses do is to help the people involved to bring out their normal, natural abilities that are inherent in every one. There is no magic in this only a serious intent and this is where we have been in this section of the book, into areas which are latent within you. Do not be surprised by the ease with which you completed these exercises, all you have done is connect with those parts of yourself which you probably did not realise were present. There is, however, one note of caution that needs to be noted at this point. When you are working with your guides, but particularly with your angel, be very careful what it is you ask for as you probably will receive exactly that.

We have a friend who enjoyed working with these meditations and whenever they had some spare time, they would ask their angel to come in and take them off somewhere, usually somewhere of interest to our friend that, very often, was not on the planet. On this particular day, they asked to be taken off to visit the Grand Canyon, in America. All that they specified was they wanted to go and visit now. The angel, being very obliging, took them. The problem was that the angel took them in real time and when they arrived at the Grand Canyon it was in total darkness. Our friend had totally forgotten about the time difference between Britain and America.

For all those who doubt that these meditations work, just think about the implications of this story. If our friend was

imagining that they were visiting the Grand Canyon, they would have imagined it in the way in which they had seen films and photographs of the area on television or in magazines. You do not imagine that you are arriving at a destination, which you have always wanted to see, at a time when it is not possible to actually see it!

As we have arrived at the end of this particular chapter it is a timely place in which to add a note of caution. There can be a tendency, with some people, to become reliant on their guides for all elements of their lives no matter how mundane and ordinary. This is how it should NOT work!

Guides are there to help, not take over our lives. If they are of the "aunt Elsie" variety remember that they have lived their lives and have no right to interfere in yours. Just because an individual is now acting as a guide does not suddenly make them any different to how they were in life. If you considered aunt Elsie to be an interfering old biddie in life it is reasonable to assume that she will be an interfering old biddie as a guide. There is nothing wrong with working with this type of guide as long as you remember that their scope of vision and their level of understanding is not very different to yours.

When you begin to look for a guide with which to begin your healing work and a guide of this type presents themselves, you are perfectly within your right to exercise your freedom of choice and thank them for their offer but state gently and firmly that you wish to work with a guide of a "higher vibration" (sorry to use a new agey type expression, but it says what it means). If you already work with this type of guide you are well within your rights to make this change to a higher "level" of guide. Always remember that you have the choice and must always remain in control of the situation. You cannot pass your responsibilities onto others or accept another's domination over you.

Before moving on to the second half of this book, we would recommend that you use the second meditation to begin to work with as high a "level" of guide as you are able to work with. The reason for this is that some of the techniques described are a little beyond most "aunt Elsie's".

It should also be remembered that our freedom of choice extends to whether we work with a guide or not. You do not have to think that if you do not work with a guide of some description that your healing capabilities will be diminished. They will not be. If you find the concept of working with a guide uncomfortable, just concentrate on working through your higher self.

Chapter Six

Healing In Practice

Up until now we have looked at how to begin to become a healer, how to work with the energies that comprise our bodies. In the teaching classes that we run, it takes about six weeks to arrive at this point (at the rate of one class per week) so now is the time that we say to our pupils, start to work on people other than those in the class if you have not already begun to do so. So how do you begin to do that? There are several ways to approach the problem.

First of all, it is totally acceptable to offer a chakra balance. This is the basis to all healing and where better to start than with the basics. Start with what YOU feel comfortable with. Nobody expects miracles. You have begun to understand the body in ways which might be totally new to you, and possibly quite shocking. You need to be comfortable with these new concepts and build up your familiarity with the way in which you can function in this new way.

Practice your chakra balancing techniques as much as you can. It can have quite a strong healing affect upon the people who come to see you and, to start with, you will probably find that that is enough for both you and your clients. By providing this service you are already doing more than you thought you were capable of just a few short weeks ago. Relax into it and just let everything take its course, you will probably be surprised by just how much you are capable of.

Remember there is no right or wrong answer there is only your answer and that is right for you. Don't let anyone tell you any different!

Once you have begun to build up your confidence in meeting people that you do not know, move on to the second method of approach which is to carry out the chakra scan you practiced in chapter three.

Which chakras lack energy or feel out of balance? Use this approach to determine some of the root causes of your client's problem. By determining which chakras require to be balanced you can begin to ask questions about symptoms and related problems and begin to form a picture of the client's life and areas that require to be remedied. Use the list in chapter three to track symptoms and causes and how they relate to your client's situation. The relationship between the chakras and the organs and the areas of personality really do relate to each other. Five thousand years of research and practical application has gone into the listing in chapter three (not by us personally!). These descriptions are by no means exhaustive but they do give a very good basis for connecting physical ailments to chakras to areas of the client's life which are not as they should be. This is the beginning of working as a healer.

Begin to talk to your client. No matter how reticent they are to begin with, you must remember that all people like to talk about themselves and all it usually takes to find out someone's life history is to ask them a question such as how do you feel? where does it hurt? when did the problem start? etc. it never fails! From the responses received from these questions you can go on to ask further questions such as does it hurt anywhere else? have you noticed any other problems? It does not matter if the other symptoms do not have an immediately obvious connection to the original symptoms, what you are trying to do is to build up a picture of what the

problems are and where they relate to. Take notes, think about where you begin to look for the answer. Remember the chakras and the way in which they relate to the body's organs. Which region(s) of the body are affected? which specific organs are involved in this client's case? from the organs and regions affected you can begin to build up your own picture of the client and the origins of their complaints.

Healing begins with the client coming to see you. They have accepted that they have a problem and that they require help. By sitting and listening to their problems you have taken the healing to a further stage. Many people do not have anyone to talk to and just by being able to express their feelings, symptoms etc to somebody can be all that that person needs at that particular time. So much of healing is just listening. The next stage is by your beginning to explain to your client what you consider the root causes to be. Even a very simple explanation of how the consciousness uses parts of the physical body to express itself can be an extremely profound experience for the client especially by helping them to understand how they became unwell in the first place. What most people require is sympathy, understanding and an acknowledgement of the fact that they do have something wrong with their systems.

However, it would be fair to say that most people do not approach a healer just for a chakra balance. For a large proportion of clients that is all that they require, but for the rest, they have a very specific problem that they wish to gain relief from. The variety of problems is as varied as the number of people who consult healers. Every problem is unique. Although there are similarities between symptoms, their root causes are totally different and a full healing is not always possible. The "miracles" do happen but they are not very common. All illnesses, no matter how simple or how complex, have a root cause and that root cause lies somewhere in the client's past or current behaviour and it is

this behaviour pattern that has caused the illness and which needs to be broken before the illness can be healed. Very often this root cause can be quite obscure and not easily determined, in cases such as these it might only be possible to relieve the symptoms and sometimes not even that. Whilst in other cases, the causes are straightforward and the client is prepared to adjust their life styles to remedy the situation and the healer, in relieving the symptoms, actually produces a "cure". The reality is usually somewhere between these two extremes, where the symptoms can be relieved and the client goes some way towards resolving the situation in their lives that brought about the problem in the first place.

Learn to work with the chakras. They can give you all of the answers that you need to treat virtually all ailments and to understand why the ailment arose in the first place. This is the primary purpose of healing: to help those seeking treatment to discover where their problems arose and to help them to work on those root causes. When described in these terms, healing appears to be very simple and in many ways it is, it is arriving at the root cause of the problem that creates the difficulties and even when the causes have been determined it does not mean that healing is possible at that particular time.

The best way to illustrate this would be to provide a further case history.

Case Four

This particular client was made all the more interesting because they were a practising healer themselves. Several years ago they had contracted breast cancer and had opted for the full hospital treatment process of partial surgical removal and chemotherapy. The process was very long and very uncomfortable. However, as this client was used to giving to others and forgetting to work on their own problems, they

were more interested in trying to help the other patients in the cancer clinic than themselves. This meant that they deteriorated very rapidly and were given a short life expectancy. Their desire to help was so ingrained that they were beginning to write a book about their experiences in order to help others as they went through the horrors of hospital cancer treatment. Their obsession to help was leading them into a form of martyrdom that would ultimately serve no purpose, after all what use would they be to their clients if the healer was no longer alive.

Eventually, the chemotherapy worked and they were given a reprieve, mainly by their guides intervening in the situation. We met up with this particular client a couple of years after the incident detailed above. Despite being given a reprieve and the beginnings of understanding of their particular problem, they had not changed their attitudes to their approach to their work and their life and had certainly not understood the cause of the cancer. A new cancer had manifested itself in the lymph glands of the other breast and was at a point of growth where it was becoming very painful and quite dangerous. By now they had realised that they had been very lucky with the treatment for the first cancer and that by not dealing with the causes the cancer had returned, but into new tissue. They had begun to investigate the root causes but had exhausted their own ideas and approached us to try and determine how and why the cancer arose.

The initial approach was to look at where the cancer manifested itself. The lymph glands are part of the endocrine system which relates directly to the heart chakra. The heart chakra's primary function is to express love, whether for the self or for others. By constantly putting others before themselves, the client had buried themselves deeply away inside and the cancer was the body's way of reminding the client that they needed desperately to love themselves. The next step was to delve deeper into where this feeling of lack of

self worth arose. Ever since the client had been young, they had always put themselves down and considered themselves somehow unworthy. It was eventually possible to track down the first causes of this attitude to an incident in their early teens which was further reinforced by a second incident in their late teens.

Once the underlying cause had been established and the client helped to understand this flaw in their character, it actually took only ten minutes to remove the cancer (using psychic surgery techniques which are explored in the second half of this book). The removal was confirmed by another healer a little while later. We now had a situation where the cancer had been removed and the client was free from pain. There is obviously very much more to this case than we can reasonably relate here, but the client did report several weeks later that they were still pain free and that the lymph glands appeared to be functioning normally. However, they did not work at clearing the basic problem out of their systems, after all it can be very easy to forget promises when the condition that led to those promises being made no longer exist.

A couple of months later, the cancer had returned in the same place and the client was unwilling to discuss the problem with us any further. What this case illustrates is that despite spending a total of over six hours with a particular client in healing and counselling, the ultimate choice as to whether a suitable course of action is taken is entirely the client's. It can be very easy to become judgemental in these situations, and certainly frustrated by the client's attitudes, but freedom of choice is absolute and that freedom can never be taken away from an individual. As a healer, it would be very easy to become dis-heartened by this response and become tempted to give up.

What must be remembered is that all any healer can do is help their clients to arrive at the point where they are in a

position to help themselves. Once that point is reached, it is then the client's responsibility to take the necessary steps, with the healer's help, to remove the root causes of their particular problem. A healer's responsibility begins and ends at this point, after all the client approached you for help you did not drag them off the streets promising a miracle. To further illustrate this point here is another case history.

Case Five

This particular person was quite elderly and had been diagnosed as suffering from stomach cancer. They were in a great deal of discomfort and had been given six months to live by their doctors. As we are in the stomach, then we are dealing with the third, or solar plexus chakra, whose primary function is to deal with personal power with its secondary function dealing with emotions.

From initial discussions, it became obvious that they were a victim of their times. The society that they grew up in did not allow them to express their skills and wants or their emotions very easily and therefore, the individual became totally suppressed and forced into particular patterns of behaviour. By accepting these constraints the client's life became one of frustration and suppressed anger. Although this particular client's problems arose from a general situation, it was possible to isolate particular incidents which, more than any other causes, were responsible for her suppressed anger. These particular incidents were discussed in great detail and the client began to understand the mechanisms that led to the cancer occurring. Again, it was possible to remove the cancer fairly quickly and the client reported that on her next scheduled hospital visit a new set of x-ray photographs confirmed that the stomach cancer no longer existed. Unfortunately, what the x-rays did show was that, in a period of six weeks, they had manifested a serious tumour on the pancreas (also third chakra).

It was not possible to treat this particular client any further, for a variety of reasons mainly to do with travel distances.

What both of these case histories illustrate is that despite confirmation of successful treatment, one by both an independent healer and by the client who was also a healer, and one by x-ray, both clients were not able, or perhaps even prepared, to deal with the root causes of their respective illnesses. This reflects a very common trait in people. An old pattern of behaviour is very familiar even if it is very destructive. To undo those patterns requires the client to make "a leap of faith" which takes them into unfamiliar territory. It is far easier to suffer within the old patterns than it is to step out into unknown, but healthier, new.

Perhaps we should explain the reasons for including these particular case histories. We look at healing from the viewpoint that it is perfectly normal and that it works. This is the basic premise for writing this book. The vast majority of our clients leave our hands feeling relieved and, usually, if not healed, then at least their symptoms have been relieved and they have the tools to deal with their particular problem. Most will then go on to clear out the areas of their lives which brought about their illness. This is the normal situation.

What these two case histories show is that no matter how much time you spend with your clients, how much they have understood the causes for their problems and how much they seem determined to sort the problems out, there are those people who will do very little to help themselves where the situation requires work on their part. In other words, their fear of change is greater than their fear of death. Fortunately, this is not always the case.

The next case history is included to illustrate that the "higher self" uses injury to help the "lower self" to understand where it is going wrong without necessarily expressing it through

the chakras and organs, it also demonstrates that miracles do happen.

Case Six

A man in his early twenties approached us for a healing session. Those who knew this young man were extremely surprised that he had looked for help as he considered himself to be indestructible. He had a reputation for being very moody and extremely aggressive. He was also a martial arts expert and believed that no matter how much he punished his body, through these disciplines, he would always prevail and bounce back without any lasting damage.

The session itself started out very badly. He had mentioned that he had a lower back problem that went back many years into his childhood. He had fallen off a wall and landed on his coccyx sending shock waves along the length of his spine. He already had his opinion that he was indestructible and instead of making him realise that he wasn't, the injury actually reinforced this view. When asked if he had anything else wrong with him he replied "You're the healers, you tell me".

One of us has the ability to "scan" a client's body to determine their problems, what a nurse friend described as being like an MRI scan, but that is a different story which would only cloud the issue if described fully here. Using this ability it was possible to determine that the young man had a severe neck injury. Apparently he had become very drunk one night and had attempted to jump across a gap that was far too wide for him to deal with in his condition. He landed on the opposite side of the gap on his chin which had snapped his head backwards, breaking a vertebrae in his upper back, effectively a broken neck. His condition was obviously not life threatening as he had lived with this injury for about a year. His reaction to this news was not good.

We began to sort out the problems, both with the upper and the lower back and during the treatment it became obvious that the best course of action was for this client to totally rest for at least four weeks whilst his back settled into a more natural position. This advice did not receive a favourable response as he was about to take part in a week's intensive martial arts festival. The choice came down to a very narrow issue: either rest and take responsibility for his body or ignore the advice, take part in the week's intensive and risk a progressive deterioration of his spine which, potentially, could place him in a wheelchair in later life.

The client's reaction was not favourable. Despite seeing him locally fairly often, he would not speak to us. His friends kept their distance from him as his moods were so black and aggressive. After a little while, the young man approached us and said that he was taking our advice and had cancelled his weeks' intensive and had arranged to take a holiday from his work and all physical activities "It is about time that I took responsibility for my own body". He also confirmed that the healing had had a noticeable effect on both areas of his spine.

To us, this particular healing represents one of the most powerful changes in attitudes that they have ever dealt with. For this young man to consult a healer was, to his friends, remarkable, but to then respond in such a way they found virtually unbelievable. The miracle does happen every once in a while!

What these particular case histories show is that with healing, as with everything else involving people, you cannot have too many expectations. Cases four and five were individuals who were in a position, and apparently eager, to change their circumstances and prevent their illnesses from re-occurring, whilst case six appeared to be a totally lost cause and yet they all responded very differently from their anticipated courses of action. The response received from

clients varies from believing you are the second coming to blaming you for causing their problems in the first place and just about every variation in between.

Do not be disheartened if you find an occasional unkind comment aimed at you, usually behind your back. You have chosen to take a course of action which brings you into contact with all kinds of people who have all kinds of problems and the successes that you will have in this work will far outweigh the occasional client who refuses to take responsibility for their own lives and their own mistakes. Healing is extremely serious but the old adage still applies, laughter is the best healer of all. Do not take yourself too seriously. All that can be expected of you is that you do your best, it is not possible to do any more.

The question most asked at this point is: okay, I've done all the practice how do I get clients? The easiest way is to begin to work on friends and family. Most clients come from personal recommendations rather than advertising (see chapter seven). You will also find that your higher self will help to bring in those who you need to work with at the appropriate times. Do not worry, work will find you soon enough.

Chapter Seven

The Legal Bits

Just about everything we do these days has some kind of legislation to govern our behaviour and healing is no different. Most of the laws dealing with healing also cover other "complimentary" health services and so the code of conduct produced by obtaining membership of a governing body for one form of "alternative" treatment pretty much covers most others, the only differences are usually to do with particular practices.

There are two "umbrella" organisations which cover the practice of healing in Britain. The overall governing body is the British Complementary Medicine Association whose primary stated function is to ensure that complementary therapies are understood and to help establish these therapies as a standard available to the NHS and private medicine. In other words, to establish alternative treatments as being as effective and acceptable as "main stream" medicine within the established medical structures that currently exist.

The second organisation which deals with the practice of healing in Britain is the Confederation of Healing Organisations. This organisation is more closely involved with healing specifically and promotes its effectiveness to the medical profession and to develop high standards of training and professional conduct by all healers. All of the healing organisations within Britain belong to either or both of these organisations.

First of all, it is not necessary to be a member of a healing organisation in order to practice as a healer. There is nothing preventing someone setting themselves up as a healer and accepting members of the public as clients. The vast majority of healers have fallen into this category up until very recently. The reason for a change of status is an EEC directive which requires the practitioners of "complementary medicine", where they advertise their services and charge for these services, must be a full member of a recognised governing body that specifically relates to the therapy being advertised. This is the only criteria requiring someone who wishes to work as a healer to belong to a recognised governing body, the wish to advertise your services and to make a charge for your services. If you do not wish to charge or to advertise then there are no laws to prevent you from working as a healer. However, there are obviously advantages to belonging to a recognised organisation.

The two main organisations covering healing, in Britain, are the National Federation of Spiritual Healers and the World Federation of Healing. The NFSH deals only with healers whilst the WFH also deals with other forms of complementary treatments as well as healing. There are also many local healing organisations. In Exeter, for example where we are based, there is the West Country Natural Healing Fellowship who act in the same way as the national organisations but on a smaller scale. All of these bodies operate their own training schemes which normally run for two years. That is you need to become a trainee or probationer member and follow their training courses for two years before you can practice as a healer in your own right.

There are other ways of gaining entry to these organisations which include: following a training course and practising as a healer for a minimum of two years, have been working as a healer for a reasonable period of time and can be sponsored by two healer members, have been working as a healer for a

minimum of two years and can supply at least four client references. These organisations do have their uses. They are a way of meeting other healers and discussing any problems that you might have. They also provide indemnity insurance for their members at very reasonable rates or even as part of the membership fees. Whatever your feelings are about such organisations, whether you join one or not, there are basic rules and laws which much be followed in order to practice as a healer.

Working With People

The main point to remember about working with people is that if they are under medical treatment you cannot countermand any medical advice or prescriptions. The only person legally allowed to diagnose a medical condition is a qualified medical doctor. However, a healer is allowed to "state their opinion" and provide what it is they consider to be correct advice. It is then the client's decision who's advice it is they take. A healer cannot be judgemental in these instances, if you have determined the root cause of a particular illness and your client chooses to ignore your advice then you must accept their decision.

Children are a particular case. It is a criminal offence for a parent or guardian not to seek "medical aid" for someone under the age of sixteen. At present, no complementary therapy is designated as constituting "medical aid". If you are approached by a parent/guardian with a request to treat a child in their care you must advise them that they must seek "medical aid". If they refuse and continue to ask that you treat the child, you must obtain a written statement from the parent/ guardian to the effect that they have been warned by yourself that they are legally obliged to consult a doctor for the child but have decided against such a course of action. Other than these two specific requirements the law does not require much else beyond what it requires for being a private

individual. However, it is advisable to check which laws apply to the medical and para-medical profession as they do change from time to time.

Working With Animals

The law regarding the treatment of animals is considerably more restrictive than it is for human clients. Veterinary surgery is a definition which includes the diagnosis of the injuries and ailments of animals, tests performed on animals for diagnostic purposes, advice based upon that diagnosis and any treatment required because of the diagnosis. This is the core issue that underlies *The Veterinary Surgeons Act 1966*, however, the Royal College of Veterinary Surgeons does accept the work of healers in providing the relief of suffering and does accept healing as an acceptable alternative therapy.

If you are approached by an animal owner to provide healing to an animal you must seek assurance that the animal has been examined by a vet. The vet remains in charge of the case and the healer must not countermand any instructions or medication given by the vet. The healer is not allowed to suggest a medical diagnosis nor advise any particular course of veterinary treatment. If healing is provided in the knowledge that veterinary advice has not been sought then it is an offence that can lead to prosecution under the 1966 Act. The 1911 Protection of Animals Act also makes it an obligation to inform an animal's owner if an animal clearly requires veterinary treatment. However, the administration of first aid in an emergency for the purpose of saving life or relieving pain is permissible.

That is more or less it as far as the law is concerned although it is advisable to check out the legal side for yourself as each individual works in different ways and different aspects of the law might apply to you as an individual.

It would be fair to say that with a combined healing experience of over twenty five years we have never been asked by a client if we were members of a healing organisation.

Chapter Eight

Psychic Self Defence

This chapter has been included more to lay to rest several archaic practices and myths than for current usage. Many of the beliefs surrounding psychic practices, be it mediumship, clairvoyance or healing, were originated in the middle of the nineteenth century and have become perpetuated by each generation since then without any real understanding of why these myths originated.

During the middle of the nineteenth century there was a great upsurge of interest in psychic phenomena and the abilities of the human brain beyond the accepted five senses. This interest was sparked by the use of the hypnotic techniques, or as it was called then, mesmerism, developed by Franz Anton Mesmer. What these experiments had begun to show was that the human mind has an ability to expand itself beyond the merely physical and explore other possibilities and other dimensions.

Very many mesmerizing investigations were carried out during this period which usually involved "experiments" such as mind reading and remote viewing. These were usually carried out by the amateur scientists of the time, the clergy. These experiments turned out to be highly successful and many books were written on the subject and the results of these experiments. They proved to be so popular that these "experiments" became common place parlour games practiced

after church on a Sunday evening. However, these results pushed the scientific establishment to its limits of acceptance and they set about deliberately falsifying experimental results to show that: 1. mesmerism did not work. 2. the human mind was limited by the five senses and 3. that most of the successful experiments were carried out by charlatans. The views of the establishment stuck and the "experiments in mesmerism" became unfashionable and were frowned upon by the "polite" society that had so recently embraced them and the amateur scientists, the clergy, were actively discouraged from pursuing their research by the Church.

Fortunately, there were those who had seen the underlying truth that these experiments had exposed and these like minded individuals banded together to form associations to continue the research. This is how the Spiritualist Association of Great Britain was formed and similar bodies were founded all over the world. So, effectively, the spiritualist movement was begun by an acceptance of the results of scientific experiments based upon techniques developed by Mesmer and a rejection of the accepted, orthodox view. These new Associations began experiments of their own that took them into new fields of research and developed ways of entering an "altered state" by means other than mesmerism.

These new experimental methods eventually led to the practices used to help individuals to develop their psychic awareness and abilities by utilising their own energy capabilities. Most of the techniques and practices developed at this time, the late nineteenth and early twentieth centuries, are those still used today by many psychic development circles. Whilst we would agree with the old saying: "if it isn't bust, don't fix it", there comes a time when we must move on and embrace the techniques that have been developed since these early days that reflect a greater understanding of psychic capabilities and any possible dangers attached to these capabilities.

It must be remembered that these early pioneers viewed their tentative steps into psychic development in the same way as the parlour games with mesmerism, as experiments. All experiments follow roughly similar lines, they have a beginning, a middle and an end. You begin an experiment, allow the experiment to take you to wherever it is to go, end the experiment and analyse the results. This is how these early journeys into the psychic were carried out. The experimenter "opened up" their energies, saw where the new energies took them and then "closed down" their energies in order for them to analyse where the experiment had taken them. So "closing down" at the end of a session was carried out for two purposes. 1. To bring the experiment to a close. 2. To allow them to review the results of the experiment.

The concept of "opening up" and "closing down" have remained a part of psychic development circles ever since with virtually no understanding of why the process is undergone. We have attended a number of such development circles at various locations around the country and have asked the circle leader why they use this procedure and the usual response is that their teacher did so and therefore they assumed that it was necessary but without questioning their teacher as to why. Adopting the concept of opening up and closing down without understanding why it was first used has led to a great deal of speculation as to the need to close down. Most of this speculation has led to some quite peculiar conclusions, most of which are entirely wrong, that have become adopted by many development circle leaders and passed onto their students as fact. This has perpetuated many myths and has generated unfounded fears, the most common of which is that if you do not shut down after a meditation you leave yourself open to some kind of "psychic attack". However, it is not very helpful for us to say that these beliefs are wrong without explaining why and so we need to look at the mechanisms involved to understand why these beliefs are incorrect.

If you have read this far into the book then you have begun to understand something of the immense amount of energies contained within the human body which are represented by the seven chakras. Healing works by adding energy into the chakras to energise and balance their energies. In other words, illness is caused by the energies contained within the chakras becoming depleted. Another way of describing this condition is that the chakras have closed down. Healing opens the chakras and boosts their energies bringing the system back into balance, promoting good health. By opening up the chakras and bringing them into balance, by using a meditation, it actually generates a condition of self healing. If the chakras are then shut down again, the chakra system loses its new state of balance and promotes a situation where ill health is possible. The exact opposite of what most development circle leaders maintain is the reason for closing down at the end of a meditation.

Opening up the chakras has a second affect. It boosts the energy system to a point where the aura becomes greatly strengthened which effectively generates a virtually impenetrable wall around the individual, insulating the individual from the outside world. So, using a meditation to "open up" the chakras has two effects: 1. it promotes self healing and 2. it provides psychic protection against the outside world. "Closing down" the chakras at the end of a meditation also has two affects: 1. it promotes low energy levels which can lead to ill health and 2. it opens up the individual to the influences of the world around them. Which condition would you prefer?

There is one aspect of the procedure which should be noted here. In order for a chakra opening meditation to work correctly it must open each of the chakras in turn and finish the procedure by connecting the crown to the root (the seventh to the first) otherwise the two benefits noted above will not work correctly. There are those who suggest that it is

beneficial to work on "a chakra a day". What this does is to open up one chakra one day and then another the next day. As explained in chapter two, this process generates a potentially greater energy loss than not working with the chakras at all.

Whenever the chakras are worked on they all need to be worked on in the same meditation otherwise most, if not all, of the benefits will be lost.

There is another part of the chakra opening process which is very popular with development circles and that is called "grounding". Grounding is to do with connecting the energies of the root, or first, chakra literally into the ground. There are occasions where this exercise is useful. If you have been working through your higher self for a prolonged period then, sometimes, you can partially deplete the energies of the root chakra. This can, in some instances, lead to feelings of light-headedness. In these instances, when you return back into your body it can be useful to connect the crown to the root chakra and then extend the root chakra down into the ground. However, if all of your chakras are open and functioning correctly then connecting the crown chakra to the root chakra balances all of your energies to a point where further grounding is unnecessary.

We have carried out a great deal of research into the ways in which the body's energy systems function and the affects that meditations have upon them. Our ability to "see" into the body and it's energies has allowed us to develop methods where the chakra system can be energised and balanced without any potential harm. The meditations on the tape have been developed over many years to provide a means of opening, energising and, most importantly, balancing the chakra system to provide the best possible combination of healing and protection. By being able to see the affects of the meditations, we know that they are safe and effective.

There will be those who have doubts about these methods, after all we live in a real world where doubts and fears exist. The methods adopted by psychic development circles have become ingrained in people's thinking and it would be very irresponsible of us to make light of these fears. Our comments have been made from a view point of many years of studious observation and are not meant as a form of criticism. We merely wish to express our views and observations and to help people realise that there are other approaches to any given problem. We live in a world of rapid change and development and we now need new methods of approach which reflect that pace of change.

Given this climate of genuine concern, we have included two exercises which are extremely effective in providing very real protection in many situations. It should be realised that these exercises can be used at any time, in any place, however, they only need to be used whilst you are developing your energies and abilities. Once you have become practiced in balancing and holding your own energies, then such protective exercises become largely unnecessary.

Exercise One

This is a form of general protection which can be used to totally close out the outside world. Strange as it sounds, this exercise has the ability to make you virtually "invisible". All that you need to do is to visualise that you are building a "shell" of golden energy about 2ft (60cm) away from the body. This shell should cover you from above your head to beneath your feet and all around the body. The shell can be kept in place all day or for only brief periods where you feel that you may be under threat. We know of one lady who had a long walk from a poorly lit railway station on her way home from work. A number of youths frequently used to congregate along this walk and she used to feel very vulnerable and threatened. More often than not she used to find alternative routes

which were a much longer walk or she used to keep as much distance as she could from these youths. She began to use this exercise and found that the youths stopped noticing that she was there. One night she had developed enough confidence in her shell and its abilities to walk straight through the middle of these youths and they did not even notice her. That is how effective this shell can be.

If you do not have much practice with this type of visualisation, it does not matter. Our minds are capable of many things and very often we do not notice how much we are capable of. Carry out the exercise and you will begin to notice that it will have the desired effect. This exercise can be used in any situation where you do not wish to be noticed by others or if you wish to reduce the limits of your sensitivity. You have begun to work as healers and your ability to sense the ailments of others has begun to grow. If you wish to distance yourself from other people's problems then this is a much more effective method than "closing down".

Do not forget to remove the shell when you begin to work with any clients or interact with your families or friends as they will notice that you are "unavailable" to them.

Exercise Two

We have all come across situations where we have met with people and come away feeling "drained". This feeling arises because we have spent some time with a person who has a severely depleted chakra system and they have "drawn" upon our energies for themselves, probably without them realising. The shell from exercise one could be used in these situations but it will cut you off totally from the person you are meeting with. Depending upon the circumstances of the meeting, this could be a situation that is unwanted. Therefore, for these situations, another method of approach would be to build around yourself not a shell but a "chakra wall".

For this you need to visualise that you are surrounding yourself with a "wall" of energy that is composed of the chakra colours. Begin at ground level and build a circle of red about eighteen inches (45cm) high surrounding the body, again about 2 ft (60cm) away from the body. Onto this "block" place an orange circle of the same size. Continue all the way up through the chakra colours in turn until you finish with a golden crown. This wall has two effects. It protects your own energies so that you do not feel drained after your meeting. Secondly, it allows the person you are meeting to have a source of energy that helps them lift their own depleted system. This method is particularly useful for visits to friends and family who are very ill or in hospital.

The whole purpose of "psychic self defence" is to help people feel comfortable and secure whilst they are beginning their own psychic or healer development. Once you have developed a little way along your chosen path, the need for specific protective measures diminishes rapidly. By maintaining your own energies in a state of balance, additional measures become unnecessary. There really is no need to fear, so enjoy your healing work.

The Second Half

Introduction

Before reading this second half of the book we would strongly recommend that you work through the first meditation and immediately follow on with the third meditation.

In the first half of this book we looked at how illness originates through the organs' connections to the "soul", or consciousness, through the seven bodily chakras. There are a further six chakras which form the connection between the self and the higher self. These "higher" chakras have remained unknown to most people as they contain frequencies of energy that the body has not been able to accommodate. All of that is beginning to change. Each person, in their own individual way, is beginning to change their energy frequencies to eventually bring the higher self into the self.

The third meditation helps to speed up this process by firstly making the "mind to mind" connection of the higher self to the self much stronger, making the higher self much more accessible. The second function of the meditation is to connect the lower six bodily chakras to the six "higher" chakras thereby altering the frequency at which the body functions. The crown chakra remains largely unaltered. This is a process that began at the end of October 1997 and is continuing into the near future until every individual on the planet has made their own adjustments and connections to their higher self. What the third meditation does is to help speed up the

process and allow you to move forwards more rapidly. This is not elitism. You have chosen to work as a healer and in order to heal you need to be further along the higher self connection process to be able to help those who are a little further behind. By undergoing this process you are actually preparing yourself to work.

Up until now we have only dealt with bodily problems which have a direct connection to the bodily chakras. Most healers will tell you that that type of problem only covers about half of their work load. The young man in chapter six is an example of the other types of problems that you will, inevitably, encounter. No, we do not mean broken necks but sprains, back problems, knee problems, muscle strains etc. By learning to work with the chakras and to channel the energies necessary to balance the chakras, you have learned to bring energy through your hands that can heal. All that is required for you to deal with problems of a more structural nature is to alter the intent with which you approach your client, instead of thinking solar plexus energy, think bone energy, muscle energy, cartilage energy, or whatever happens to be appropriate. It works. BUT! There are new techniques that are now available which can speed up this process to an amazing degree and these are the techniques which we are going on to explore.

Before we go on to look at these techniques in detail, it would be reasonable to provide an explanation of how we arrived at these techniques ourselves. This is a true account of the events and you are free to make of it what you will. The ultimate proof is the number of clients that we have helped successfully by using these techniques. One of us has been working as a healer for about seventeen years. They have always had an ability to psychically "see" into their client's health problems. This does not mean that they could make out clear images but could intuitively find the problem and its nature. For example: a painful knee was actually caused by a

lower back problem tilting the pelvis and putting pressure on the knee joint, so instead of treating the knee alone, a more thorough healing could be achieved by healing the back as well. About three years ago, they were approached by some "other entities" (see chapter five) who were considered "doctors" on their home world (part of a star system we know as NGC584) and wished to learn about human physiology as a way of helping humanity as a whole through our current time of change. At no time, from initial contact until the time they left, was there any feeling of threat or coercion. The feeling of their presence was always one of harmony and help. It was a feeling very similar to working with the angel in the superman costume. They did not have any physical bodies nor did they have any names. They explained that other than on Earth all other individuals throughout the galaxy were recognised by their particular energy signature, that is the frequency at which they exist. The need for names only exists on Earth. They further explained that in exchange for working through one of us, they would provide details of ways of manipulating energy to bring about deeper, faster and more thorough healing.

After a great deal of consideration it proved to be such an exciting prospect that it was impossible to say no. Given the same circumstances, would you have said no? There were three individuals, one dealt with dense tissue ie. bones, one dealt with softer tissue ie. muscles and organs and the other dealt with cells and nerves. They worked with the us for about eight weeks and were with us with every client that we worked on during this period (with the client's full knowledge). When they had learned how human physiology worked, they left. In return for our help they enhanced "seeing" abilities to a point where one of us can scan a client in the same way as an MRI scanner (this is a Magnetic Resonance Imager which takes a three dimensional full colour x-ray through a body and is used in hospitals to provide a three dimensional image of what is happening inside a

patient's body) with the added advantage of the image being in real time ie. moving. By working further with this ability the author is now able to "scan" a client deep enough to read their DNA.

A further skill that was taught (initially to the higher self which has slowly filtered its way through the density of the brain) is the ability to produce energy constructions and matrices which work with the body to repair virtually any damage by whatever cause. We sincerely wish that we could pass on and teach the scanning techniques which we were taught but have yet to find a way to do so. Instead we wish to share the information and techniques learned to begin to heal on many more levels than it has been possible to work on before. Make of the story what you wish, but do not dismiss it until you have tried some of the techniques for yourself.

Humanity is changing. We are making a leap of consciousness that is un-precedented in human history. To help this change on its way we need to learn new techniques and arrive at a new understanding of ourselves and what it is we are capable of. Our higher self has all of these answers, what we need to do is open ourselves to the possibilities that we already hold.

Chapter Nine

The Nature of Energy

We humans, for some unknown reason, seem to have stumbled upon one of the truths of the universe. Energy cannot be created or destroyed, it can only be altered. Everything that exists on this planet, including us, is constructed from energy. All things can be traced down to its atomic structure, and given current quantum physics research, even the atoms, and their constituent bits, are energy. The only difference between all of these energies is the frequency at which they exist. The best example of this would be water. At its lowest energy level it is ice, increase its frequency to its normal condition and it is fluid, increase the energy again and you have a gas known as steam. In all three conditions the chemical make up is exactly the same the only difference is that the energy contained within each water atom has altered producing three very different versions of the same basic material.

The same is true of the human body. We have dense tissue such as bone and cartilage, we have pliable tissue such as muscle and organs and we have light tissue such as fluids (we would rather not discuss the gasses). So this is what we essentially are, a collection of energies that exist at different frequencies which combine together to form all of the various bits and pieces that comprise the whole. This is how healing actually works, by adding energy of a particular frequency you correct an imbalance or deficiency. Yes, it really is that

simple. Top up an area that is deficient in energy and you achieve balance, in other words, healing.

If this concept can be accepted and understood then so many other aspects of the human body and life in general lose their mystery and become a question of correcting an imbalance. This is the starting point from which healing begins. If you asked every healer to describe the methods employed to achieve this balance the answers you would receive would be as diverse as the number of healers polled. However, there are fundamental similarities.

Every healer works with and is a channel for energy. The variation is the frequency of energy with which they work. This is not any kind of judgemental comment just the reality of life. Each of us is different and work in different ways, if we were all the same life would be very boring and we would achieve very little. Having said that, we are all making a change together and the first outwardly noticeable sign is a change in the frequency of the energies of the chakras. This change will be quite slow in its beginnings but will accelerate as more people make the higher self connection.

The New Colours of Life

The chakra colours and their relationship to the physical organs was detailed in chapter three, these colours and their connection to the body will continue for some time yet. The exact period of transition is variable as it depends upon each individual making their own progress at their own pace. Never the less, they are changing and for some that change has already begun. As each of us undergoes the consciousness integration process the energies contained within our bodies will rise accordingly and take on the frequencies contained in the six higher chakras, for example, the root chakra takes on a new frequency that will be higher than the crown chakra is currently.

The function of the chakras will also change. They are currently a reflection of the "soul" and a way for the soul to express itself in a physical form and it uses the chakras as a means of registering discomfort with the way in which the lower self is dealing with its everyday life. If the soul's needs are not being expressed fully it produces a "wobble" within the energies of the chakra which creates an imbalance in a bodily organ producing an illness which is to let us know that we are doing something wrong and need to look at our behaviour to correct the imbalance. If we correct our behaviour, that is, let go of some emotion, find a way to express ourselves, find our own power etc, the imbalance is removed and the illness goes. If we do not clear these imbalances the illness progresses and, in extreme cases, death occurs.

In order to complete our journey to the higher self we must clear out all of the imbalances that exist within our systems. This is why there is such an increase in demand for healing, it is a recognition of the need for clearance and help is usually required from some one else in order to point people in the right direction. More often than not this someone else is a healer. This is why the chakra healing and balancing techniques described in the first half are currently being revived and taking on greater significance. If you do not know the root causes of a problem how can you deal with it and clear it?

So, we are beginning to see the start of a final clearing. The winds of change are very fresh and the signs of change are everywhere. By clearing out the residues of our lives we begin to take on new energies and new directions. The first meditation on the tape begins to alter the structure of our energies. Many traditions have held that the way to work with the energies of the body have been to bring the energy from the root, to raise the Kundalini. This has served its purpose in the past when we were trying to reinforce our connection to the planet. If we are to make our change to "enlightenment" we need to work with a different source.

"Raising the Kundalini" brought into our systems our lowest energy source , the root chakra energy. In order to make our transitions we need to work with our highest energy source, the crown chakra.

The final part of the first meditation uses the gold of the crown chakra to balance all of the chakras and to begin to raise the frequency of the energies contained within them. In one sense we are raising the Kundalini to its ultimate level, the root chakra now begins to take on the energy of the crown.

By altering the frequencies of the chakras in this way we alter their colour. Colour is, after all, only a function of frequency. However, finding a way of describing these new colours has proved to be very difficult. Colour reproduction techniques are not capable of passing on some of the characteristics of these new colours. Even finding suitable colours to represent the chakras has proved very difficult.

Given the amount of frustrating research that has gone into these new colours, we apologise for confronting you with a painting by numbers exercise. You will need pearlescent acrylic inks that are available from most good artist supply shops (the manufacturer used by us is Daler Rowney). The reason for using pearlescent colours is that they most closely resemble the "sheen" given off by the colours of the energies. The colours you will need are: Birdwing Copper, Mazuma Gold, Silver Pearl, Moon Violet and Galactic Blue.

The basis for the pattern used to represent the chakras is the first crop formation that appeared in 1997. This was in a field in Barbury Castle, near Avebury in Wiltshire on April 15th. Incidentally, the crop it appeared in was oil seed rape whose stalks cannot be bent, they snap, which means this formation cannot possibly be a fake. There have been numerous interpretations put onto the shape of this formation but we find it a very appropriate form to represent a spinning

chakra. Begin by photocopying illustrations number five and six.

For the root chakra you will need to mix copper and gold together in roughly equal measures and paint the main, undivided "fins" with this coppery gold. Next, starting at the first division of the "fin" to the right of the top paint this with violet, the next division with gold and the next with blue. Continue around the whole pattern with the same colour combinations in sequence.

The main, undivided "fins" of the second chakra are blue. The first division of the "fin" to the right of the top is violet, the second division is gold and the third is the copper gold from the first chakra.

The third chakra's main undivided "fins" are in an equal mixture of blue and gold, a clear green. The first divided "fin" is in violet, the second division in gold and the third is blue.

The fourth chakra's main fins are transparent, you can use the silver for this, with flecks of gold. The rest of the fins are coloured in a random collection of flecks in violet, green, blue and copper gold (all of the colours used so far).

When we arrive at the fifth chakra we begin to get into difficulty. The rest of the chakras above the fourth are basically the same. They look like swirling patterns of gold, blue and violet flecks on a transparent background. As you go up the chakras towards the crown the number of flecks reduces until you arrive at the crown which is totally transparent (this is why the crown is not drawn).

Up until now the chakras have all been of the same size. This has been to show that all have had an equal part to play in our lives. With the current change of energy the roles of the chakras are also changing. The root, heart, third eye and

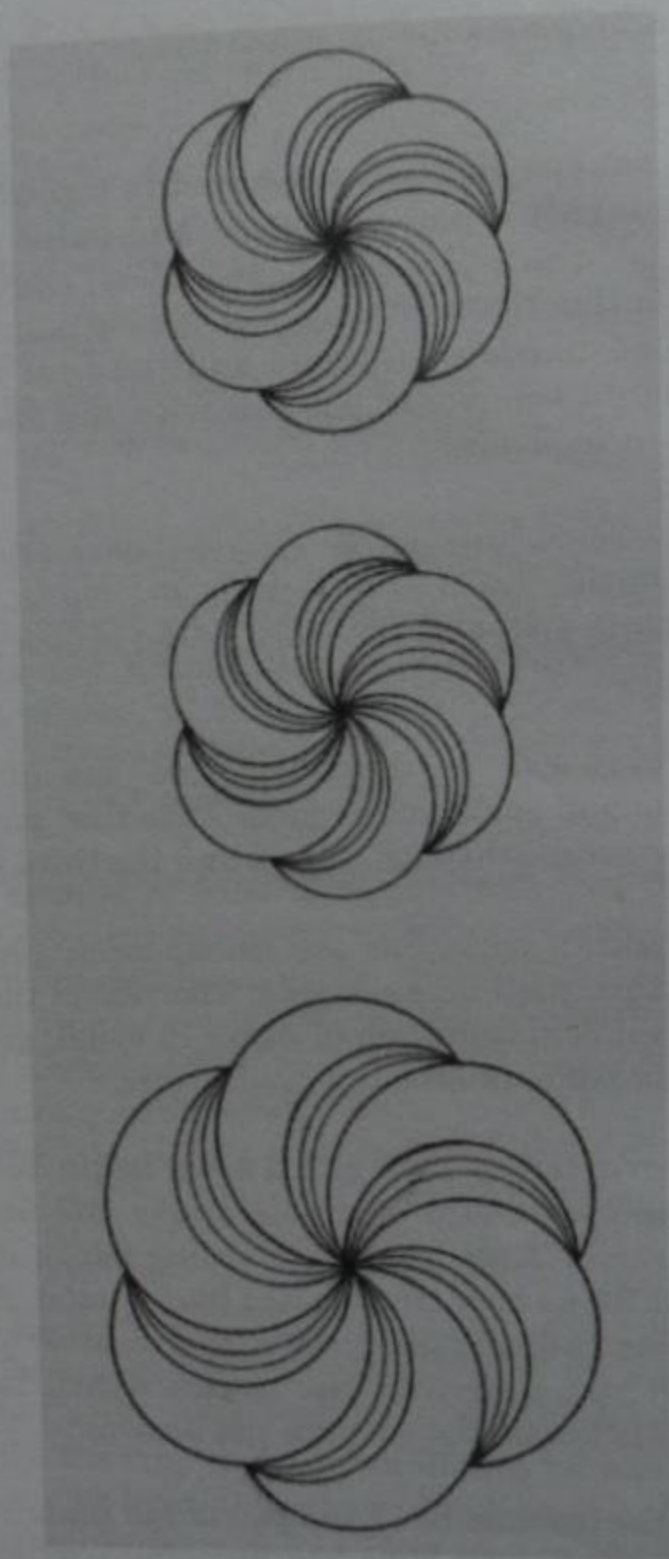


Illustration 5 The New First, Second and Third Chakras

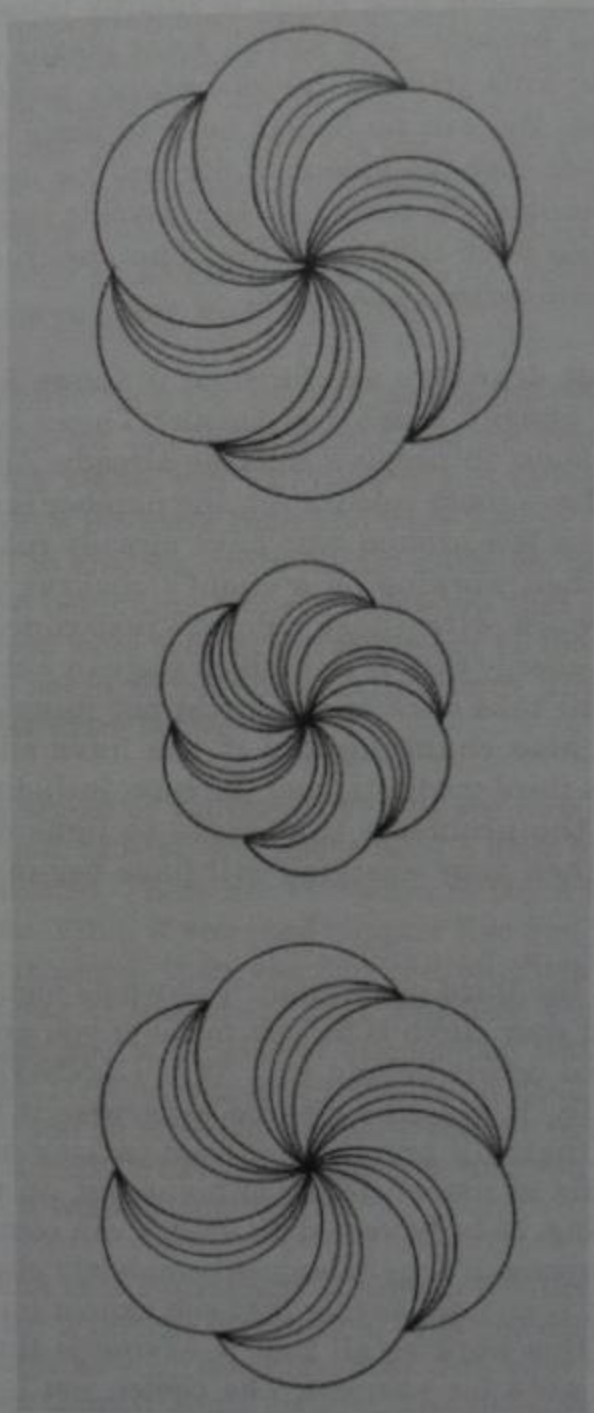


Illustration 6 The New Fourth, Fifth and Sixth Chakras

crown are of the same size which is slightly larger than the chakras are at present. The sacral, solar plexus and throat reduce in size. This reflects the new energy make up of the integrated self. We will no longer need to place so great an emphasis on sex and the emotions nor will we need quite as large a communication centre as the psychic centres of the brain will take over that function. The chakras' primary functions remain largely unaltered.

Now that your drawings are finished it shows an amazing spectrum of energy don't you think? These colours are beginning to show in people's chakras already. Although not many people have these colours yet, the number is set to grow and there are a few around who have already completed the transition. When working on a client's chakras there is no need yet to work with these colours, just concentrate on putting in an energy that is as high as you can work with and the colour will take care of itself. Do not forget that your chakras are also changing and if you have successfully completed the third meditation on the tape, including clearing out most of the problems that came to light during the meditation, then your energies will have begun to change quite rapidly.

A note about the third meditation. The whole idea of looking back down on your climb is to look to see if you are dragging any un-cleared debris behind you. **YOU CANNOT IGNORE THIS DEBRIS.** It must be cleared otherwise it becomes a dead weight that will prevent you from making any further progress. This is not an idle comment but an extremely serious warning. Nobody, repeat **NOBODY** can complete their integration process if they have not completely cleared all of this debris. It is no good saying that you cannot find the time to carry out this work as all that is saying is that you are unwilling to work for yourself. The choice you face is this: clear any outstanding problems that remain in your life and you will complete this integration process very quickly, do not

clear out these problems and you will be left behind. The choice is entirely yours. Nobody is going to stand in judgement of you if you do not make this step, but you will know how close you were and did not complete your journey. We are sorry if that sounds a bit heavy, but what is stated is correct. It is a time when these things must happen and others can only go so far to help you, you must make these final steps for yourself. End of lecture!

OK, so you have slain the maiden, saved the dragon and still made it home for tea. Now what? Well, if you successfully completed the above, you will have begun to realise that you are now a little bit more than you were before. Your energies have begun to change, quite subtly perhaps, but noticeably, you are also beginning to become aware that you are a bit more than you were before. You might not be too sure how but there does seem to be something about you which was definitely not there before.

The higher aspect of yourself that you are now a part of is a vast space and, at first, you might need a little help in finding your way around. There are two ways to begin to investigate this new you. First, if you read chapter five and have gone on to meet your angel, then you can call on them to show you some elements of this space that will help you understand what the new you is capable of. Remember, this space is you and all that YOU encompass, there is no need to be afraid. Why should you be afraid of yourself? You are free and clear of all of your debris. What you are now is just you, so enjoy the experience, it really is just you.

Secondly, and this is probably a slightly gentler approach at first, is to try a further meditation. This one does not need to be on the tape as your mind can deal with your requirements a lot easier than it could before. The only danger in this meditation is that you will become so engrossed in it that you will not want to leave! There is an easy way to deal with this

problem and that is to give yourself, before you start the meditation, a specific time by which you wish to finish the meditation. Your mind will remember and bring you out when necessary.

This meditation can be used at any time and in virtually any space that you feel comfortable in. Relax yourself and enter a meditative space in whichever way you feel works best for you. Take yourself off to a garden, it does not matter what kind of garden it is, large, small, formal, cottage. Spend as much time as you like in this garden but gradually make your way towards the house. This house needs to be as large as you can imagine it. Longleat proportions is an image that works quite well. It just needs to be huge.

Gradually make your way towards the front door of the house and once you arrive there, just open the door. In front of you is a large hallway with several doors that are closed. Choose a door and make your way towards it. Open the door and you are faced by a library. The largest library you have ever seen. The walls are completely filled with books from floor to ceiling. There are book shelves in the middle of the room, books everywhere. This is the reason for the house needing to be so huge, you cannot get this library into anything smaller.

There are three ways to use this library. First, you can wander around the shelves and pick a book at random, open it and begin to read. Secondly, you can open the library door and ask the library itself to present you with a book which has a relevance at that particular time, or just a book for your amusement or education. Thirdly, you can open the library door and ask the library to present you with a book that can answer the specific problem that you need an answer to. There are probably other ways which you can think of to use the library, you do not have to limit yourself to just these three.

Spend as much time as you can in this space. All of the answers to your questions are here. There are no limits to knowledge, all that you need is the imagination to ask. The range of subject matter is without limit. Everything that you could possibly want to know is contained within these books. Enjoy yourself.

Eventually, the meditation, or the help of your angel becomes unnecessary as you begin to understand how this space works and how to access the information stored there. There is probably more there than you ever thought possible.

The title of this chapter is The Nature of Energy and seeing as we now have some more of it to play with, perhaps we should look at where the stuff came from in the first place. We could probably start this section with ancient tribal traditions about how the Creator imbued each of us with a sacred task or that because of our amazing, but up until now secret powers we can access a universal energy source that is totally limitless. And we could and we would be right. But there is also a new approach which does come from an ancient source, or at least an ancient source that brought about a new form of mathematics.

There is no need to worry if you are not overly fond of maths and geometry as we are not not about to enter the world of quantum physics, not even simple calculus. All that we are interested in is the proofs that these sums imply. What the scientific community has done is to provide mathematical models which confirm many of the ancient wisdoms contained within ancient monuments which are as diverse as the pyramids, stone circles and Mayan temples. These mathematics are concerned with the forces that act on a revolving sphere whilst it is still in motion. All science and mathematics, up until now has been based on stopping something dead and working out what forces are acting on a particular object whilst it is frozen in time and space, a

situation which never occurs in nature. So this new maths looks at the realities of life as they occur.

The conclusions reached confirm many of the ancient teachings of the Sumarians, American Indians, Aborigines, Celts, Chinese, Egyptian etc. That is that man is a multi-dimensional being that exists on many levels, independently and at the same time. So far the maths can prove the existence of twenty nine dimensions (with the assumption that there are many more as yet unproven) and that every activity that man partakes of, is a reflection of events that occur across these other dimensions. What this actually means is that we, people, and all of our activities, are no more than a reflection of other dimensions and other realities. We are shadows that act out scenes from realities that occur in other realms.

Whilst that soaks in, let us digress for a moment. How does a light bulb work? Or how does an electric fire work? These are well accepted everyday items which every school child learns about. Admittedly we are entering into the world of physics but bear with us a little longer as when we get where we are going we should be able to understand the theory behind the healing techniques which we are beginning to explore. It is important to understand the theory as the constructions and the matrices that form these techniques depend upon your understanding how they work.

If you pass electricity through an electric wire it becomes warm because the wire has a resistance. The molecules that comprise the wire will not allow the electricity to pass easily and therefore the wire begins to glow from the heat generated. This is the basis of light bulbs and electric fires. What happens is that the atoms, of which the wire is composed, become over energised and a "piece" of energy "leaps" from one energy level to the next. For various reasons, the new energy level cannot be maintained and the "piece" of

energy has to return to its original energy level. In order to do this it has to dump its extra energy. It is this dumped energy that creates the heat of an electric fire or the light of a light bulb. These dumped pieces of energy are called photons and it is minute particles (or quanta) such as these that form the basis for quantum physics. What we are trying to get at is that as our other bits pass from one dimension to another we need to "dump" some of the energy that we carry with us and it is this dumped energy which provides what appears to be a limitless source of energy for healing. Are you with it so far?

Basically, the constructions and matrices which we are about to explore and learn to construct are no more than our abilities to "walk across" these other dimensions and gather the dumped energy as we go. It is important to understand this principle. We are not accessing a "universal" energy, we are not channelling energy from God, nor are we working with the "Godhead", Jesus, Buddha or whoever it is your religious beliefs allows you to accept. No, YOU are forming these constructions. It is of extreme importance that you understand this, you are in control and it is you that is capable of and is actually carrying out this work. Nobody else. You are accessing your multi-dimensional levels and creating an energy with which you can heal.

There, it's quite simple really.

There is a warning which has to be noted here. When you heal by balancing chakras or adding energy directly to a particular region of a client's anatomy some of that energy remains within your system. Therefore, if you are working with these energies correctly, you will feel more "energised" yourself at the end of a healing session than you did at the beginning. The techniques you are about to begin to work with are quite a bit different. Instead of just accepting the energy collected from the flow from your higher self, through the higher chakras and into your hands, as the healing described above

works, you have to go out, or at least your higher self does, and walk across several dimensions to collect this energy. As you have removed the "buffer zone" between you and your higher self (by integrating the six higher chakras into your bodily chakras) you have to do the work yourself.

There are occasions, when you have to deal with a particularly difficult problem, that it really does feel like you have worked a 40 hour week in one hour. This is not to try to put you off, but to make you aware that performing apparent miracles has a price. Pace yourself with this work and the effects on your body will not be very great. It really is a very small price to pay for what can be achieved. Start small and slowly develop these techniques, they really are worth it.

Incidentally, a phenomenon which is frequently reported by healers, especially when they are beginning, is that their hands become hot. On the other side, many clients report a feeling of heat from the healer's hands. These events can be explained by the same principle as the electric fire, if you pass an energy through a material which has a resistance, it becomes hot.

Chapter Ten

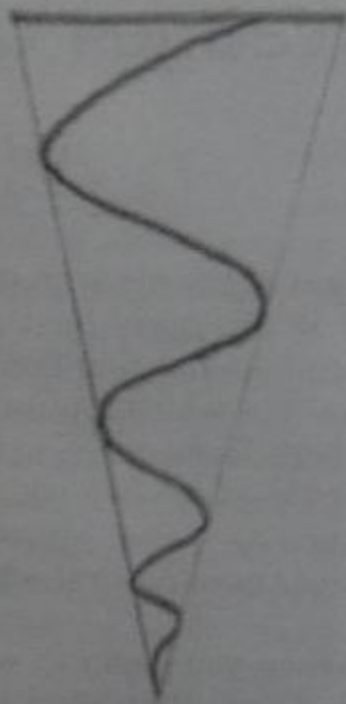
Wedges and Spirals

Most of the ideas on the following pages will be new to you so it is probably best to start with shapes which you are beginning to find familiar. The chakras form themselves into a shape which nature finds the easiest to create. Think of the shape formed when you pull the plug on a sink full of water, or the shape of a whirlwind. Whenever free flowing materials such as water, air or energy are given freedom to move in their most natural way, a vortex is formed.

When you begin to work with the energies that are used for healing, they tend to leave the hands in a fairly random pattern as they are not focused. As you become more experienced you learn to become more aware of the energies and are able to produce frequencies of energy which are much more closely aligned with the region of the body with which you are dealing. What we are proposing now is that you focus these energies into a particular shape or pattern. In other words, you alter your intent to form the healing energies into particular patterns and forms. The first, and probably easiest of these is the vortex, as the energy will tend to want to form itself into this shape anyway. Just to be clear of the shape we are talking of see illustration no.7 overleaf. You can also think of it being a little like an ice cream cone.



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Illustration 7 The Vortex

This particular shape can be used for many functions which vary from placing "sticking plasters" onto the ends of rubbing bones in a joint to reinforcing bone structures. As ever, it is the intent with which you approach a particular situation which determines its outcome. So how do you form this shape? Begin by saying to yourself that you are going to concentrate the energies flowing from your hand into a tight beam, something like a laser beam. Place your hand directly over a surface and concentrate this "laser beam" to a single point and anchor this point in place. Next, within your mind form the shape you are about to create and slowly move your hand in a small circle and slowly raise your hand away from the surface. You do not need to raise your hand very far, about two to three inches (50-75mm) is sufficient for most situations. When you have reached this height stop the beam (in your mind) and the vortex will be formed. It sounds incredibly simple, but that is all that it takes.

It is the way in which you focus your intent that makes these things happen. If you are concentrating enough, then the shape will be formed and remain in the place where you placed it adding its energy to the very specific area that you are treating. The intent you use whilst forming these vortices also determines how strong they are and how long they stay in place. In other words, the frequency of energy used to form the vortex. The frequency will vary automatically, that bit is still taken care of by the higher self for the time being, depending on what it is you intend to do with it.

Well this is all very interesting, and possibly even a bit of fun, but what do you do with these things? There is another scientific theory, not exactly main stream but it is beginning to catch on, that everything that exists on the planet is ultimately composed of this shape, including the tiny little pieces which go to make up the constituent parts of the atom. The only variation is the density of the energy that comprises the vortex. We have no real problem with this theory as it

confirms some of their own observations made whilst using these techniques.

What this actually means is the vortex is the basic building block for everything that exists on the planet. By placing these shapes at strategic locations upon a client's body, any energy deficiency can be rapidly repaired. Don't forget, everything is composed of energy. What you are doing, by forming and placing a vortex, is to add a very concentrated "lump" of energy in a place where it can do the most good. It is generally a good idea to limit these types of shapes to dense tissue such as bone and cartilage, softer tissue such as muscle and arterial walls are better worked on with a more appropriate shape which is covered by a later section. Perhaps we ought to give you a couple of case histories.

Case Seven

This case could relate to any number of clients. This book is being written at the end of 1997 and we have dealt with more knee problems during this year than throughout the whole of our healing careers (root chakra problem stemming from feelings of instability). Most of the knee problems took the pattern of a cartilage weakness reducing the tension that holds the thigh bone and calf bone apart causing the ends of the bones to rub together causing a great deal of pain.

Start with the leg lying flat. Place your "active" hand about 1" (25mm) away from the affected knee, but to the side closest to you. Your intent is to add energy into the end of the thigh bone, so begin by anchoring the point of the vortex onto the end of the bone. Form the first vortex by bringing the spiral towards you. Once you have completed the first vortex, move your hand to the inside of the knee. Repeat the process placing the point of the vortex immediately along side the first. Form the new vortex by moving your hand away from you. Repeat the whole process for the end of the calf bone.

These vortices add strength back into the base of the two bones by adding energy into the bone structure.

The shock absorbing pad of material between the two bones will also need to be reinforced so place your hand about 1 inch above the top of the knee and place the point of the next vortex in the middle of this tissue. Yes you can do this, you are working with energy, not solid tissue so you do not need to worry about pushing through solid material. Form the vortex from this point to just above the knee cap. Once this part of the healing is completed you can move on to work on the cartilage.

This is how the vortex can be used, to add large amounts of energy into a restricted space very quickly. To produce the same amount of healing energy by more "normal" methods would take approximately one hour's hard concentration, with practice, all five vortices can be put in place in about thirty seconds. The way in which the vortex works, as indeed do all of the constructions we will be looking at, is by being slowly absorbed into the tissue it was placed into and reinforcing the damaged tissue.

The rate of absorption depends upon the extent of the damage. Heavily damaged areas will absorb the energy quickly whilst lesser damaged areas will absorb more slowly. Also, as the weight of the person is still on the joint, a certain amount of the energy will be absorbed by them moving and by the nervous system whilst it is repairing the damage caused by such an injury. By placing these vortices you have actually dealt with several different problems at the same time. Do not forget the root causes though. The root chakra will need to be re-balanced and the originating cause of the problem will also have to be dealt with by the client.

The vortex shape can be used to deal with virtually any physical damage. However, there are limitations to its use

when it is used solely by itself. Other forms of constructed energy can be added which can speed up the healing effects of the vortex you have placed.

When dealing with problems like joints and the spine you are dealing with the body's structure. By placing a vortex into someone's knee or back you are providing the necessary energy to repair damage and to heal tissue. The original damage will have been caused somewhere along the line by a chakra imbalance, but, the situation is aggravated by the weight of the body itself. We are not going to suggest that you can somehow make someone weightless, even temporarily, well not yet in any way - but we're working on it, but it is possible to place energy constructions around an injured area which can temporarily relieve the weight by by-passing the joint or section of spine. Some of these constructions can become extremely complex because of the region of the body we are working on and the nature of the problem. Each case is totally unique but there are basic techniques which can be modified to suit particular situations.

The body's structural components are actually immensely strong and have the capacity to support very much more weight than they are normally called upon to do, at least temporarily. It is a question of finding a way to take the weight of one section of the body onto another in order to bypass an injury whilst it absorbs the energy of the vortices placed there for healing. Like all structures, these are made of energy. You have already begun to think about the basic technique of forming these structures in the way in which the vortex is constructed. The tight, focussed energy beam, instead of being formed into a vortex, can be used to construct grids and splints. So, what do we mean by this? Take a look at illustration no.8 and read it in conjunction with the next case history.

Case Eight

A man in his late twenties who came to us with a sideways slip in the base of his spine causing the bottom six vertebrae to form a curve. We usually ask people to lie down on a massage table for us to work on them (affectionately known as "The Slab") as we find it the most comfortable position to work on our clients and most of our clients prefer it. When working on a client's back it is the best position to work from as their spine is fully supported.

We began by relaxing the muscles on either side of the spine. Muscles will fall into new patterns to accommodate bone movements and so they need to be relaxed in order for them to revert to their correct position. Muscles can also be the cause of bone movements where stresses in the muscles are not relieved forcing the bones to move to accommodate the pressures exerted by the muscles. Next, we added a vortex between each disc and vertebrae starting at the pelvis and working up to the ninth vertebrae. These vortices are omitted from the illustration for clarity. The energy of the vortices takes from two to seven days to be absorbed into the spine and so in order to assist the healing process and to relieve the pain, we decided to add a framework which would take the weight of each vertebrae directly onto the pelvis so that the vertebrae were only supporting their own weight.

We began by placing an "anchor" point on one side of the pelvis and taking a tight beam of energy to the first vertebrae, anchoring it in place and then taking it down to a second "anchor" point on the other side of the pelvis. Each vertebrae was treated in this way, anchor point to vertebrae to anchor point, until we had connected all of the first nine vertebrae directly to the pelvis.

What this effectively achieved was to connect the weight of the upper body directly onto the pelvis, by-passing the lower back. The client reported that he was pain free within a few

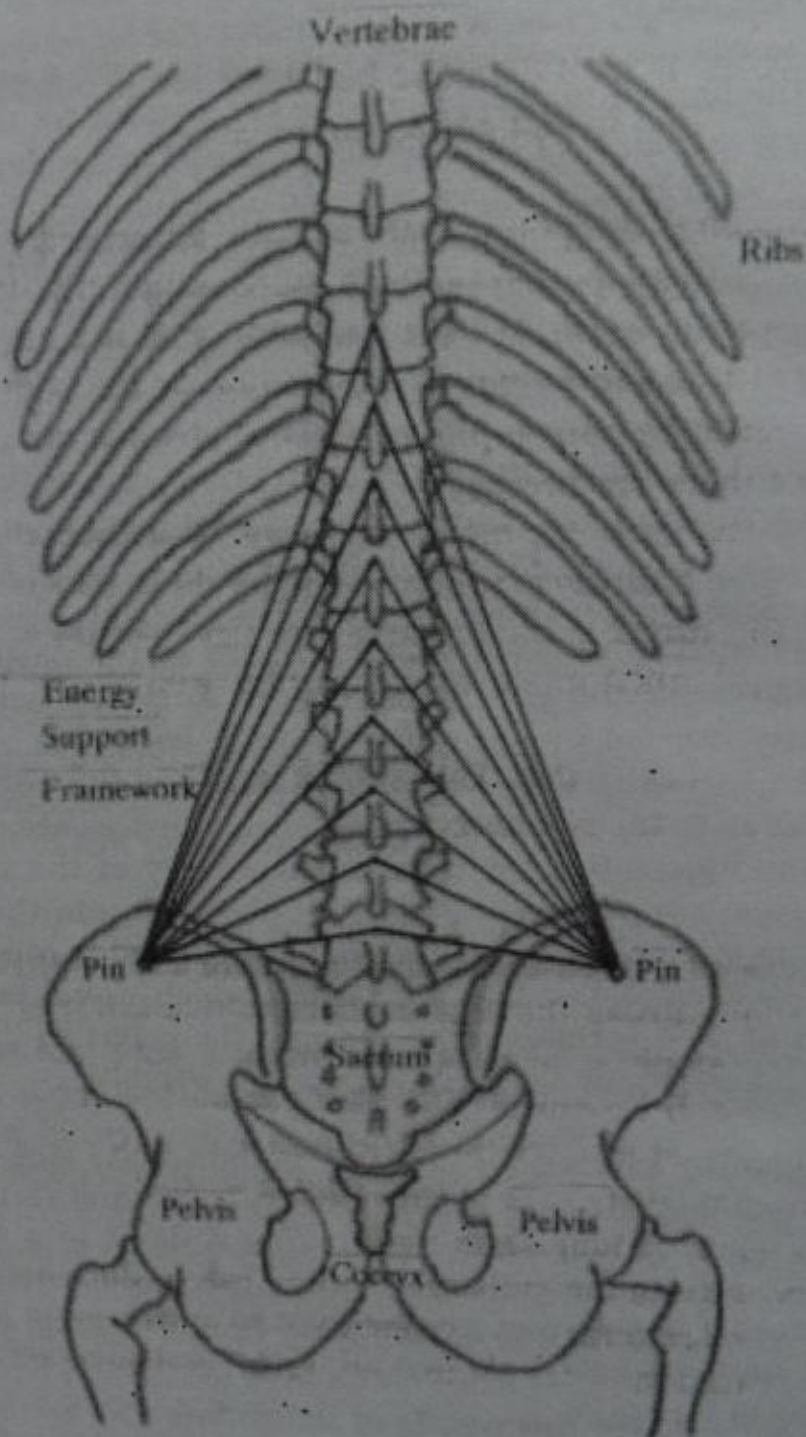


Illustration 8 Case History Number Eight

minutes of the work being finished, within three days the curvature had corrected itself and nine months later he was still pain free and the spine had remained in its corrected position. This particular client was a delight to work on especially as he is able to see energies and their colours. During the course of the work he was able to confirm exactly what it was we were doing and the colour of the energy we were using (it varied between violet and gold). Such clients are rare but when you do encounter them it really is a pleasure to have your work confirmed.

The muscles can be relaxed by massage but this usually takes anything up to an hour. There is nothing wrong with that as it is a very pleasurable experience but it depends on how much time you have available or how much time you are prepared to spend with each client. It can be a lot quicker, and easier to use the energy flow from your hands, tuned to "muscle energy" to soften muscles as this usually only takes no more than ten minutes. After all, once you have softened the muscles you still have to perform the healing. The anchor points are formed by essentially putting an energy "pin" through the bone structure. It has to be bone structure that you are anchoring to as muscle and cartilage moves too easily and constantly to allow the energy structures to perform their support role. This then forms a new structural connection on which to build the support construction. It is as simple as that and you do not need a degree in structural engineering to achieve it. All it really requires is some common sense. Also remember that you are dealing with energy which you are creating and you can remove what it is you have constructed if you think it is wrong. Just rub it out and start again. It is a question of thinking about what it is you are going to do before you start, holding that intent and then carrying out the work.

The energy of the grid is slowly absorbed into the body's structure, in this case the spine, and enhances the work of the

vortices. These grids can also be programmed to last for specific amounts of time, 2 days, 3 days, 8 days etc., in order to work in a more direct way with the other healing work which has been necessary. It is your intent which determines everything. Working out before hand what it is you are going to do programmes your own mind into "collecting" the right form and frequency of energies to carry out all aspects of the work.

The energy constructions can be thought of as being like a bandage in its simplest forms or splints at its strongest. It is a question of modifying your intent to produce the desired effect, the energy will follow. There is no limit to what can be constructed by this method.

There are a further three uses to which this form of energy construction can be put. The title of this chapter is spirals and wedges. We have covered the spirals part with the vortices so the wedges part must come next. These are actually very simple and are really only a modified form of the vortex. When faced with a situation similar to the one described in case 8, where a spine needs to be re-aligned, the way to correct the mis-alignment is to use the vortices between the discs and vertebrae to "push" the vertebrae back into line. All structures, within the body, want to return to their "normal" condition. This is true of spines as well as cells. What a healer does is to provide sufficient energy to help the structure do just that. By placing a vortex into the gaps between the disc and the vertebrae, for example, it can act as a wedge to straighten the alignment of the bones. It is, as always, the intent with which you place the energy that determines its form and use.

Bones are not the only parts of the body with which a healer deals. There are many other problems which require correcting which these forms of constructions can be used to great effect. The body also contains a large number of tube

like structures which can sometimes collapse upon themselves producing discomfort or even life threatening conditions.

Case Nine

We have been asked to deal with several cases involving the same symptoms and so we have just chosen one to illustrate this particular point. We were approached by a lady in her forties to try and remedy a mild incontinence problem that manifested itself every time she laughed. Although it was not a major problem, in medical terms, she obviously found it very distressing and it was having a major affect on her life. It also did not look good for the future if she was incontinent in her forties, what would she be like in her sixties? We shall ignore the underlying causes for the time being as it would detract from the point we are trying to make, but it was obviously a root chakra problem.

There is a tube that runs from the bladder to discharge urine from the body that is called the urethra. Problems of this nature are usually caused by a weakness in the urethra wall allowing urine to either seep from the bladder or, as in this instance, to flow when it was put under pressure by laughing. The way in which we approached the problem was to modify the form of the vortex into an open ended coil so instead of the spiral coming to a point we kept it the same diameter for its whole length. A bit like putting a spring into a tube. What this shape achieved was to hold the tube open fully so that it regained some of its elasticity and then the "spring" was slowly absorbed into the muscles of the tube to make a permanent repair.

Eighteen months later the problem has still not returned allowing her to regain much of her self confidence. The same procedure and "spring" shape has also been used to reinforce the walls of the main artery as it returned to a client's heart with equally long lasting results.

The spring shape is quite interesting as it can be used to repair and reinforce a large number of body parts. We have used it to work with all kinds of tubes, to help repair broken bones by using it as a bandage, to reinforce areas of the spine which require support of a direct kind (in some instances of spinal curvature it is more effective than wedges) and many others besides.

The third form of use for this kind of energy is to form a splint. We have used this form mainly on backs as it is extremely strong and does not bend very easily. Say you have a client who is suffering from osteoporosis where the bones of the spine are losing density. If they can lay on a flat surface you can add back the density using this technique. It needs to be a flat surface in order to fully support the spine whilst this energy is put into place. Instead of forming a shape with the energy "bandage" use it as a flat bar that runs from the neck to the pelvis continuously along the length of the spine. This will help to reinforce the spine and add a large amount of energy directly into the bone structure helping to increase its density as well as supporting the spine like a splint whilst the energy is being absorbed.

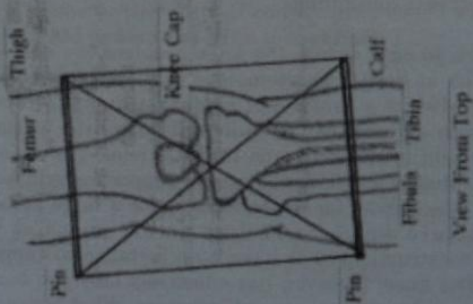
There is one further form of construction which we have not yet explored and we will go on to that next.

Chapter Eleven

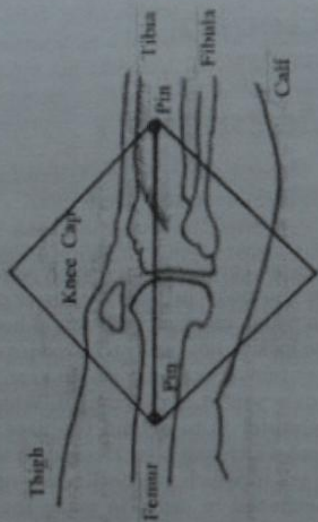
Energy Matrices

So far we have looked at constructing energy shapes that work directly within the body in very localised positions. These are basic forms which carry out the actual healing. In case eight we began to look at how we can introduce overlying structures which act as temporary supports that can alter the way in which the body's weight is distributed. What we are going to do in this chapter is to extend the uses of these "grids" to form matrices which can alter the way in which the body is structured, ways in which the healing energy can be enhanced and strengthened in order to make the healing more successful and how the body can be supported whilst the healing process is continuing.

If we return to case seven, the knee problem, we can now begin to look at how to overcome one of the basic problems which are always a feature of such healings. To repair problems such as these can be quite difficult as the whole of the body weight is still acting on the knee joint. The amount of structure that is available to create a supporting grid work is limited. The pelvis, for example, is quite a large area of main structure which can act as an anchor point for numerous constructions that have been installed to support the back. The knee, however, has effectively only two bones that can be used to form a support structure. What is needed with joints, such as the knee, is a different kind of energy construction that can support the joint whilst the vortices etc



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Illustration 9 A Joint "Matrix"

are carrying out their programme of work. These support structures utilise a different form of energy to those used for the shapes described so far. Although similar to the energy "string" used in case eight, they perform an entirely different function.

If you look at illustration 9, you will see that the shape of the formed matrix is that of a four sided pyramid and this is the basic shape which we will be using to construct the energy shapes that we are exploring in this chapter. The four sided pyramid is the strongest energy construction known to man. Not only can it support huge weights but its shape is capable of actually generating its own internal energies. This is the reason why the Mayan and Egyptian pyramids are built in the way in which they are, as energy generators that can focus and enhance any energy that has been placed into their construction. The construction shown in illustration 9 is an example of how these pyramids can be used.

Following on from the procedure detailed in case seven, we began by placing an energy "pin" into the thigh bone (the femur) about 3" (75mm) above the joint and a second pin into the calf bone (the tibia), (the fibula is not of much use in this case as it does not have enough structural strength), roughly the same distance from the knee joint, about 3" (75mm). Next, we constructed a four sided pyramid over the knee, anchoring the four corners onto the pins and a four sided pyramid under the knee, again anchoring the four corners onto the pins.

Although case seven could apply to any number of clients, there was one who was able to "see" what it was we were doing and could confirm that the "pins" had been put into place (without any pain) and that the "transparent" energy of the pyramids was in place. The effect of the pyramids was to act as a bridge over the knee joint, transferring the upper body weight directly onto the calf bone (the tibia), by-passing the knee joint. This allowed the other energy work to be

absorbed by the knee much more quickly than if the joint was still having to deal with the weight of the body. The pain disappeared very quickly and within a few days, when all of the energy constructions had been absorbed into the knee, the joint was pain free and fully functioning.

Describing the energy used as transparent is an indication of the difference in the frequency of the energy used in this type of construction as opposed to the energy of the grid in case eight. In case eight, the energy was described as varying between violet and gold, in this case the energy was described as transparent. This reflects the difference in the way in which the matrices are constructed. They are composed of an energy of much higher frequencies than the forms that we have discussed so far. This does not mean that you are not capable of constructing these shapes, it just means that you have to work a little harder to "collect" the energy necessary. Again, we are talking about intent. It is the intent to create these matrices which programmes your higher self into collecting the correct "lumps" of energy. These pyramids contain an incredible amount of energy that can be used to support virtually any part of the body to allow the energies, placed to heal the area, to be absorbed rapidly and efficiently. As a way of illustrating the differences between all of these forms, we have to return to the mathematicians in chapter eight.

To form a vortex requires your higher self to "walk" across twelve dimensions collecting the dumped lumps of energy along the way. The spring takes fifteen dimensions, the grid, in case eight, takes twenty two dimensions, whilst the "string" for the pyramid takes thirty two dimensions. All of this can begin to sound a little far fetched. We are used to accepting that we live in a world that is composed of only three dimensions, for someone to come along and suggest that we are capable of "walking" across thirty two is, to say the least, pushing it a little. What this principle confirms is that our

ancestors were not quite so limited in their vision as we seem to be now.

By beginning to work as a healer we are already going beyond what is considered to be accepted reality. The scientific and medical communities still have extreme difficulty in accepting that the concept is even feasible let alone practicable. Is it stretching the limits of our understanding too far to suggest that "dimension walking" is a reality? We obviously do not think so. We have received confirmation of the practical reality of these energies from far too many of our clients to think that what we are doing is imagination. The affects that these shapes can have on a client's health problem are startling. When we began our healing work we worked in the same way as any healer does with the same level of success. When we altered our methods to incorporate these principles our success rate increased dramatically as did the types of ailment that we could work on.

We are not presenting these principles as theory but as very practical, workable solutions to many of the problems encountered when working as a healer. The "scientific" explanations given above are a way of trying to explain what it is that actually occurs and the steps that need to be taken in order to achieve these results. Whether you accept the theory or the explanation is not that important. What is important is that you give these exercises a try and see what the results are. The explanation is provided purely for those who like to know what it is they are doing and how they achieve these results. To illustrate this point, let us look at another case history. We could use the client in case eight as these structures were placed on their back over the other grid structure to strengthen the work of the other energy constructions, but instead we will take a new client.

Case Ten

This was a man in his mid thirties who lived in an inner city area and worked with inner city children to try and give them some hope and purpose. He achieved this mainly through the use of yoga and the teachings associated with such disciplines. A "street Guru" in many ways. Following a very gruelling year, he had overstretched himself in giving a bit too much to his work which had left him with a weak spine. Normally he could deal with this kind of problem himself but in this instance he felt he required a little help. Again, we are talking of someone who was able to "see" and feel what it was we were doing in order to bring about a re-structuring of his spine. The root causes of his problems came directly from the type of work he does, basic insecurity about funding (root chakra), constant need to be creative within his work and with resources (second chakra), emotional stress of dealing with such children (third chakra), constantly "giving out" to other people (heart chakra), denial of self expression by putting the needs of others first (throat chakra). Put all of these together and the result is an enormous strain on the spine and, as a consequence, just about everywhere else.

We began by balancing the chakras to provide the beginnings of "comfort" back into his system. Next, we began to work on areas of specific discomfort, between the shoulder blades, lower back and the joint with the pelvis. These we approached by placing a vortex between each disc and vertebrae from the joint with the skull all the way down to the pelvis. Then we added a spring at each of the three areas of most discomfort to reinforce the areas and enhance the energies of the vortices already added. To link all of these together we then added a flat bar to the neck extending from the skull to the joint with the spine and a flat bar from the neck joint to the pelvis. The separate "bars" were necessary to ensure that we maintained freedom of movement in the neck and shoulders (if the bar had been placed from the skull to the pelvis it would have restricted the client's upper body movement too much).

Next we added four anchor points, two on the pelvis and two on the upper ribs just above the shoulder blades. It is quite difficult to add anchor points to the upper body as so much of it moves. The upper ribs probably move less than most of these structures and therefore anchor points can be placed here. The lower ribs, for example, are "floating" and are not suitable for use as "solid" structure. To the pelvis anchor points we added a grid, anchor point to vertebrae to anchor point, for all of the vertebrae up to the bottom of the rib cage. To the shoulder anchor points we added a similar grid, anchor point to vertebrae to anchor point, for each vertebrae to the bottom of the rib cage and then for four further vertebrae, overlapping the grid from the pelvis anchor points. This overlap was necessary to reinforce the section of spine immediately below the rib cage as it is likely to be the weakest point after these energy constructions had been added.

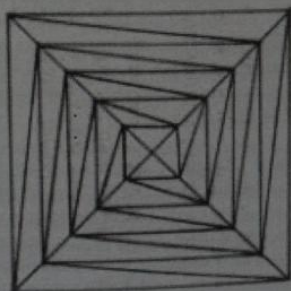
To complete the work to the back we constructed a "pyramid" anchored at the four anchor points. We also added pins and matrices to the knee and hip joints to repair the damage created by the spine being so weak and to help reinforce these joints whilst the energy structures on the spine were completing their job. All of this work was carried out in one two hour session. We needed to complete all of the work in one go as the client had to continue with his own work. In work of this kind it is better to complete all of the structures in one go as they can work together to support and repair at the same time. It would have been possible to repair the damage first, in one session, and then go on to add the full support structures in a second. However, the healing is considerably more effective if it can be fully completed in one go.

The next day the client reported that his spine was completely pain free (despite the fact that he was sleeping in a tent in a field at the time) and that his knees and hips were holding up very well. The way in which he described what it was he could

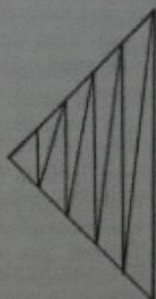
feel from the energy structures was that he could not feel them for most of the time but when he became tired and his back began to "slump", it was like there was a bandage around the whole of his spine that prevented him from falling into an incorrect posture. At no time was the "grid" uncomfortable it just felt like a very soft, but immensely strong, support. Bearing in mind that he is not able to remove all of the root causes of his back problem, it was still "comfortable" several months later.

By combining all of the methods discussed so far, in these chapters, it is possible to literally re-structure someone's spine in order for it to deal with the stresses created by a combination of root causes even when it is not possible to deal fully with them. In this particular case it was necessary to reinforce and support the whole of the spine as weakness was occurring in so many places. Where a weakness is more isolated, say only the lower back, then the process described for case eight can be followed. However, the "pyramid" still needs to be anchored to the upper ribs as there is no suitable body structure available at a lower position.

This does not mean that the "pyramids" must be constructed over the whole area of the spine every time, they can be used for more localised applications which we will go on to discuss later in this chapter. The energy contained within this type of pyramid is quite considerable, however, there are instances when even this is not enough. With the problems detailed in case ten it was actually necessary to increase the energy content due to the nature of the problem and the energy requirements of the client. Adding energy to the pyramid is a comparatively easy process. Once the pyramid structure has been "anchored" into place, it is a question of "filling in" the sides of the pyramid with extra energy "string" (see illustration number ten). What this process achieves is to double the energy contained within the pyramid and allow for a structurally much stronger construction that can, if



View From Top



View From Side

Illustration 10 Infilling a Pyramid

required in extreme cases, lock the whole body structure (spine, knee joint etc.) into place effectively rendering it immovable. This type of immobilisation is not usually required. The client inevitably wishes to retain full mobility whilst the healing "soaks in". However, there are occasions, such as with knee joints, where immobilisation is useful. With the gentleman in case ten, a restraining form of matrix was required so that he could continue in his work whilst providing as much support as possible to his spine. By focussing our intent on providing this type of restraint, the energy that made up the pyramid matrix could be tuned to act in this way with great success.

Always remember it is the intent with which you approach a particular problem which determines what type and frequency of energy your higher self harvests. Your intent is everything.

What you are actually doing by deciding to approach a problem in a particular way is to programme your higher self into collecting the correct energy in its required form to comply with your desired solution. Remember, you and your higher self are now very closely linked and your perceptions of a particular problem are enhanced by this strengthened link. You are also accessing past life memories as well as a "universal library" of information. You might not consciously recognise this fact whilst you are searching for your problem solving approach but it is how it works.

If you work with your "Angel", ask them to take you somewhere that you know the distance to, say Australia. Be aware of the time it takes to travel this distance with your angel. It will be less than one second, in other words, instantaneous. When you are dealing with consciousness the physical constraints of the mind and body are removed and thought becomes instant. Think yourself somewhere and you are there. The same applies to the processes involved in

collecting the energy required to create the spirals, springs, grids and matrices we have been talking about. By asking yourself how to approach a problem, the higher self searches its memory systems for a likely solution and collects the energy necessary to form the appropriate structures. By the time you have finished thinking about the problem, your higher self is already watching the video and wearing the T shirt. So no, these things are not impossible. What you need to do is to overcome some of your conditioning that tells you you can't and begin to say I can. It takes practice, but it can be done and the more you work within your higher self the easier it gets. There are three things that you need to do to achieve this: practice, practice and practice.

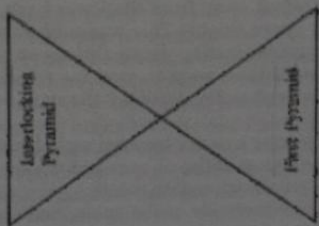
The inevitable questions at this point have to be: how will I know what shapes of energy to place and where do I place them? How strong do I make them and how long do they have to last? The answer is to ask. Each of our body cells, organs and muscles contains the memory of its original condition and what it is they require to put them back into their original state. As you begin to work with a client, ask the particular region of the body that you are working on what it is it requires to bring it back into balance. Simple but effective. By beginning to provide healing energy to a particular area of the client's body you are connecting into the client at a very deep level. Make use of the connection that you have and mentally ask the body tissue what it is it requires to make itself "better". Listen for the answer because it will come. Your higher self will interpret the answer and prepare the energy requirements for you to place in whatever form is most appropriate. By the time you realise that you have received an answer you will already have the energy in place to provide whatever it is that is required.

This does sound simplistic, but, remember you are working through the higher self and this does not have the constraints of a body as we do. It is free to think and travel at instant-

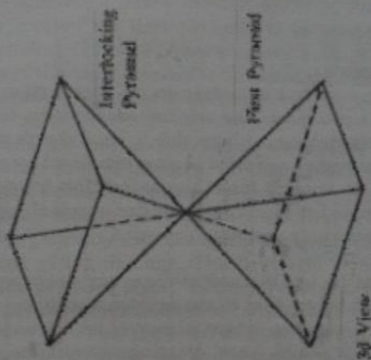
aneous speeds and react in ways which we are, as yet, largely unaware. Never accept that a situation is as it first appears, always search for the answer and the way in which the answer has been arrived at. Constantly question. The days when a healer did what they did without any understanding of how have long gone. If you have understood the contents of the second half of this book then you already question and understand more than most healers do.

The next question probably is: Why haven't I thought of this before? The answer to that is you have not connected to your higher self in quite this way before. Don't forget, we have the restraints of a slow physical body to work within and this can severely restrict our range of vision, by beginning to step outside of this restriction we are starting to see glimpses of a new view, putting our heads through the clouds and finally seeing the sunshine. Begin to try to accept that you are very much more than you were just a few weeks ago. I can as opposed to I can't. We must stop limiting our view of the world and of ourselves. As we continue along our journeys into new self realisations, a new awareness and understanding begins to emerge. We are all on this journey and finally beginning to travel in the same direction.

There are other ways to use the form of the pyramid that makes use of their capacity to hold and slowly release extremely high concentrations of energy. We have already looked at their uses for joints, such as the knees, but they can also be used to replace the vortices used for the spine treatments used in several of the case histories. In this form they can add their energy to each vertebrae by linking two vertebrae together by the base square of the pyramid. This method is very rarely needed as the energy contained within these forms is usually too great for the spine to accommodate, but in some severe cases they can be useful (such as when there is osteoporosis of the spine). Then, of course, there are instances where one pyramid is not enough. There have been



View From Side



3d View

Illustration II Interlocking Pyramids.

situations when two pyramids need to be interlocked to generate highly localised energy in order to hold the other energy constructions in place as well as enhance their work (see illustration number eleven).

Case Eleven

We were approached by a man in his late forties who had several back problems. The original causes went back many years into his childhood where, due to several acts of reckless abandon, his higher self tried to slow him down by setting up "accidents" to try and force him to rethink his behaviour. These attempts left him with a number of spinal problems as the tactics were only partially successful.

The job that he had worked at for many years was highly stressful and only added to the problems with the back. He was left in a situation where whenever he fell under stress, his lower back would "knot" creating severe discomfort and pain. Fortunately, he had finally seen the error of his ways and was settling down to a more gentle existence. However, events in his personal life meant that he was likely to be under severe stress for some time into the future. As the back pain was so uncomfortable, we decided to alter the way in which his spine reacted to these situations by moving the area of focus of stresses away from the lower back and into the buttocks and upper thighs. This was necessary in order to prevent any possible lasting damage to the spinal column as the stressful situations were to continue for some time and the series of injuries suffered had left the spine very weak.

We began by placing a vortex between each vertebrae and disc starting at the bottom of the rib cage and working down to the pelvis. Next, we placed anchor points on the pelvis, about 2 inches (50mm) either side of the spine, and created a grid, anchor point to vertebrae to anchor point, from the pelvis to the rib cage. We then placed a further set of anchor points

about mid way up the rib cage and in a line with the ones on the pelvis and repeated the grid process for each vertebrae from the bottom of the rib cage down to the pelvis. At the top of the pelvis, about 2 inches (50mm) below its joint with the spine, we created the first pyramid to be used which was about 3 inches (75mm) square on its base. The second pyramid was the same size and interlocked with the first with its point touching the point of the first.

Finally, using all four anchor points, we created a pyramid over the whole area of the back, infilling all four sides. Over this pyramid we added a further interlocking pyramid, again with its point touching the point of the first. The vortices added energy directly into the spine to strengthen it and to repair most of the damage. The first grid reinforced the vortices and provided a soft, but firm, support to the lower back whilst the vortices "soaked in". The second grid began to alter the way in which the spine reacted to stress by setting up new "channels", within the spinal structure, which relayed the stress onto the pelvis, by-passing the lower back. The two small interlocking pyramids at the top of the pelvis added energy directly into this second grid to enhance its work and to add strength and stability to the spine/pelvis junction.

The first large pyramid was placed to add energy into all of the structures and to provide greater stability to the whole back whilst the work was proceeding. The final pyramid was added to "lock" the whole construction into place and to provide the final energy enhancement. The whole procedure, from start to finish, only took fifteen minutes. When we saw the client about four weeks later he could feel the build up of stresses in his buttocks and upper thighs but could deal with these aches and pains much more easily than when they were in the lower back. The lower back did not "lock" as it had done before and was virtually pain free. As there were no specific areas of damage to the spine it was not necessary to add any of the spring "bandages".

To describe the client as "virtually pain free" is a realistic comment on the client's condition. Although most of our client's leave our hands with their symptoms relieved, their activities following the healing session determine how long that symptom free state lasts. If they act responsibly towards their condition and treat them with the respect they did when the symptoms existed, then the healing will hold and the symptoms remain absent. However, if they respond to their new found freedom by forgetting that they had a problem then some, or all of the symptoms can return.

We treated one client with quite a rare condition who we told it would take two weeks for the healing work to do all that was necessary. This was an illness which left them with a feeling of no energy and meant that they could not stand for any length of time, walk very far or carry out any kind of manual work. We advised them that they should still respect their condition and not do any more than they would have done for the two week period or it would undo most of the healing work. They telephoned us three days later to complain that they had been feeling so much better that they had spent the whole day carrying out an activity that they would not even have dreamt of doing before the healing and were now feeling very tired and why wasn't it working in the way in which we had said it would?

Sometimes clients forget the severity of the illness that brought them to us in the first place, or how they had been suffering from it, and because they feel better after seeing us, they think they can go out and climb Everest when yesterday they couldn't even walk to the shops. This sounds quite funny when you read it but the implications of this kind of attitude can be very serious. The healing itself can very easily be undone by people assuming that they are now 199% better than they have ever been and can now do everything that they have always wanted to do. If the healing energies are depleted before they can fully act in the way that your intent

programmed them to, you will be blamed for the client's lack of progress. A simple fact of human nature.

As can be seen from this chapter, energy can exist in many forms and we are able to construct these forms to perform certain functions that our intent programmes them to do. What we need to do is to listen to our higher self and begin to work within our new consciousness and these forms will become an automatic part of your healing procedures.

Chapter Twelve

Conclusions

Well, if you have read this far you have delved into areas that most people do not realise exist and you either find the concepts discussed interesting or think that we are totally loopy. However, the fact remains that you have read this far. Your higher self has probably prompted you to read and begin to work with these ideas. Hopefully you are beginning to make some sense of what has been written, if not, read the second half again and see what comes about the second time. We have presented these ideas as a way of opening discussion on several of the areas that have troubled healers for many years. Mainly that of where does the healing energy come from.

Whilst it still remains true to accept or claim that there is a "Universal" source for this energy, which is usually interpreted to mean a "Creator" of some description, it is the mechanics of the energy supply which now needs to be discussed. We fully support the presence of a "Creator" and can see "Its" hands at work everywhere. However we live in a living, breathing, and more importantly, conscious universe whose movements and directions incorporate a total freedom of choice for all of its inhabitants. It is our freedom of choice which allows us to think and act on those thoughts.

For far too long we have allowed ourselves to be misled and misinformed by those individuals and institutions who have

sought to hold power over the population. We are not proposing, or would we ever support, anarchy, but it is time for all of us to realise who we are, what our potential is and recognise that the time is now here for all of us to regain our personal power and to take charge of our own lives. In other words, to take responsibility for our actions and their consequences. If we cannot do this then whatever freedoms the Creator provided us with could be lost. We have seen the change of consciousness take hold at the end of 1996 and begin to carry us forwards towards undreamt of possibilities. We have the freedom and energy to realise those possibilities and now is the time to begin to live our dreams. End of lecture.

What we have begun to explore in the second half of this book is the limitless energy supply that we all have free access to. Nobody is excluded from this energy. The forms and constructions that have been discussed in these pages represent the beginnings of understanding of our potential. These energy constructions have been used by us for several years and have proven to work in all sorts of situations for all sort of clients (including the sceptics). It is because of our success that we are in a position to pass on this information. If it did not work there would have been little point in spending the hours necessary to write about them. What they actually represent is the beginnings of a new way of working that starts to take us away from our severely restricted view of ourselves and our world. There is no real mystery in these techniques nor in the energy used, what is new is the explanation given as to the way in which we access this energy.

We have all begun the process of consciousness integration, the bringing of the higher self into the self, and our vision and depth of understanding is expanding into the new self. The second half of this book is written with the assistance of this new awareness and is written in a way which is intended to stimulate the self/higher self into a more integrated view of

the world and our role within it. We can also begin to see the connectedness of our world and all of its constituent parts and are gradually taking on this realisation as fact instead of a wish. The more that each of us delves into our new realities the more we arrive at an understanding. At the moment, healing is at the forefront of this process as the damage created by our limited view needs to be undone. This healing is taking place on many levels and in ways that suit the individual.

We are seeing the collapse of institutions who have held us back in the past and who are refusing to let go of their outdated views. Science, medicine, religion, archeology, etc, are all having to re-think their fundamental purpose and role in the world or risk being ignored and left behind in our rush to a new understanding. Do not be afraid to embrace these concepts. Our world is very different to what it was just a few short months ago and the rate of change is accelerating.

We are beginning to see the affects of this change all around us in people's perceptions of the world and of themselves. There is a gradual letting go of the past and all of its constraints and the blinkered vision that was such a part of those times. Instead, we are entering a new phase of development and growth. To borrow an advertising slogan, the future's bright, the future's golden (with touches of bronze, blue and violet). Enjoy.

Postscript

"Healing" has been called many things in the past but most usually "Faith Healing". It is usually assumed that the "faith" part is that which is required by the "patient" in order for the healing to work. This is not the case. The faith required is that of the healer to take a step alone into the darkness and know that they can make a difference.

Chakra Meditation For the New Colours of Life

The idea of this meditation is to fully energise and balance all of the chakras. By working in the way described in this meditation, there is no need to "shut down" afterwards as your energy fields will be virtually impenetrable to outside influences. Remember that the chakras take the form of a vortex. This is a little like an ice cream cone with the point attached to the spine with the "bell" of the cone opening outwards, away from the body.

Start by using your usual method of reaching a state of relaxation. Once you have relaxed and are in a meditative state, begin to form a point of concentration about one foot (30cm) above the top of your head.

Once you feel your concentration has formed a small ball, bring this point of concentration all of the way down the spine to the first (root) chakra. When you have reached the very bottom of your coccyx, form the cone pointing directly downwards with the point attached to the bottom of the coccyx. The colour is a transparent 'heat haze' shimmer, just pure energy. Try to imagine as clear a shimmer as possible and spinning very fast. When you have achieved this, move the point of concentration up to the second chakra.

The second (sacral) chakra is located just where the spine meets the pelvis. The point of the vortex is attached to the spine with the 'cones' opening equally front and back. The vortex is transparent. Imagine as clear a shimmer as possible and spinning very fast. When you have achieved this, move up to the third chakra.

The third (solar plexus) chakra is located about one inch (2.5cm) above the tummy button and the point of the vortex is attached to the spine with the 'cones' opening outwards

equally front and back. This is also a transparent shimmer. Imagine as clear a shimmer as possible and spinning very fast. When you have achieved this, move on to the fourth chakra.

The fourth (heart) chakra is located at the heart with the point of the vortex attached to the spine and the 'cones' opening equally front and back. The vortex has no colour, just a heat haze shimmer. Imagine as clear a shimmer as possible and spin it very fast. When you have achieved this, move on to the fifth chakra.

The fifth (throat) chakra is located mid way between the adams apple and the chin. This is also a transparent heat haze shimmer. When you have a fast spin and total transparency, move on to the sixth chakra.

The sixth (third eye) chakra is located on a line with the spine just above the bridge of the nose. The cones of the vortices open equally front and back and the colour is the same transparent heat haze shimmer as all of the other chakras. When finished, move on to the seventh chakra.

The seventh (crown) chakra is located on the top of the head on a line with the spine. The point of the vortex is on the top of the head with the cone opening directly upwards. This chakra is also a heat haze shimmer. When you have made this spin very fast, bring this clear, pure energy down to the sixth chakra, adding the crown energy into the vortices. Do this for each chakra in turn all of the way down the spine to the first chakra. Once you have added the shimmer of the seventh to the first chakra, all of the chakras will be fully balanced and energised.

Finally, move your point of concentration back to above the top of the head and slowly bring yourself back to the present.

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The Healing Book

Chris Thomas & Diane Baker

This book is for those who wish to heal starting at the beginning of the healing process with simple, easily followed exercises which can begin to unlock the healing potential which is inherent in all of us. Nobody needs to feel left out of these abilities.

We are all healers, all that we need to do is to stop telling ourselves that we are not. Whatever level of experience you have of healing, this book explains in simple uncomplicated language that does not use mysticism or any form of ritual, how to understand the "Chakras" and the way in which our daily lives influence them, to relate medical conditions to the chakras and to learn methods which will bring the chakras back into balance, both for yourself and for others. These methods apply equally to humans and to animals.

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